

COMMISSION OF INQUIRY INTO THE
USE OF DRUGS AND BANNED PRACTICES
INTENDED TO INCREASE ATHLETIC PERFORMANCE

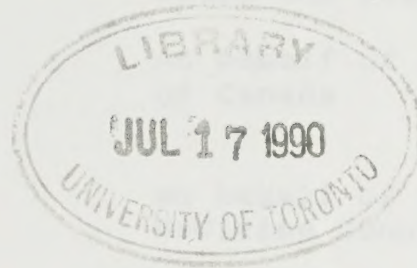
B E F O R E:

THE HONOURABLE MR. JUSTICE CHARLES LEONARD DUBIN

HEARING HELD AT 1235 BAY STREET,
2nd FLOOR, TORONTO, ONTARIO,
ON TUESDAY, MAY 9, 1989

VOLUME 47

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C O U N S E L:

R. ARMSTRONG, Q.C. Ms. K. CHOWN	on behalf of the Commission
R. BOURQUE	on behalf of the Canadian Track and Field Association
J. DePENCIER	on behalf of the Government of Canada
T. BARBER	on behalf of the Sport Medicine Council of Canada
A. PRATT	on behalf of Charles Francis
E. FUTERMAN	on behalf of Ben Johnson
D. SOOKRAM L. LEVINE	on behalf of Dr. M. G. Astaphan

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--- Upon resuming.

THE COMMISSIONER: Mr. Armstrong.

MR. ARMSTRONG: Thank you, Mr.

Commissioner.

5

ANDREW HIGGINS: Recalled.

--- EXAMINATION BY MR. ARMSTRONG: (Cont'd)

10 Q. Mr. Higgins, as I indicated at the end
of the day yesterday, I want to turn my or your attention
to the issue of drugs in sport. And, particularly, of
course, in track and field.

15 First of all, can you give us some general
idea of when you first became aware that the use of
performance enhancing drugs was a significant factor in
track and field?

20 A. Well, it was sometime in the mid to
late sixties, and it is like a lot of things it's very
difficult to recall exactly when, but the thing that is
very clear in my memory is the first time that I
personally had to deal with the issue and I was coaching a
young man by the name of Gord Stewart who is from this
city, had gone to North Toronto Collegiate, was an
outstanding athlete, and I had convinced him, it didn't
take much convincing, to become a decathlete. And he
25 spent some time because of the lack at that time of

facilities, indoor facilities in the wintertime in Canada,
in California in Sante Barbara. And there were a number
of -- it was -- it was a haven for decathletes. It was
the mecca at that time. There was an outstanding coach
5 there, still there, and a lot of -- a lot of decathletes
were training there. And Gord spent some time there with
these people and he came back in the spring and simply
said that what he had observed was a number of the
decathletes were putting a lot more than, you know, eggs
10 and fresh fruit and bananas and milk into their morning
blenders, and that he couldn't begin to keep up with the
work they were able to do.

And so, he discussed the issue, and he
wanted to know what my feeling was at the time.

15 Q. I take it at that point things like
steroids were not on the IOC banned list?

A. No.

Q. In the late sixties?

A. No, they weren't, but I -- I can say
20 this: It didn't make any difference. I mean, I wasn't
aware whether they were banned or they were not banned, we
certainly knew that there were drugs out there and that
people were using them. And it just didn't seem to make
any sense. It didn't seem to be logical.

25 And so our discussion wasn't a very long

discussion. I remember it clearly. It was a weekend morning, there was nobody else in East York Stadium. And, you know, to me on a clear summer morning, a stadium is a pretty peaceful place. And there was only the two of us sitting there discussing this thing. And he wanted to know what I thought.

And I, without really thinking, just said that it didn't seem to me that this was what athletics was about, that athletics was about being the best that you could be. And when you were 35 or 40 years old and you looked back on what you had accomplished, what you had done in life, you would want to be able to say I had scored 7,800 or however many points, and not to be able to look back and say, well, I scored 7,800, well, not really maybe the pharmacist scored 400 of those. It leaves us pretty hollow.

And, so, obviously that's the kind of answer Gord was looking for. He is a pretty strong person, and he understood why he was doing sport at that time, and that was the end of discussion.

And for me, in many regards, other than thinking it out more clearly and talking about it and developing it, it was really the end of the discussion for me, too.

Q. All right. And I take it as time

moved along from the late sixties into the seventies, and indeed bringing you up if I can to the early eighties, you became aware, however, that everyone didn't follow your views and, indeed, there were people in track and field who were not only athletes using drugs, but coaches and others who were promoting the use of drugs.

I assume you became aware of that?

A. Yes, it's impossible to be in the sport and not be aware of the fact that people are using drugs and throwing like implements, other silly things, but it's also impossible to be in the world and not be aware of the fact that people in the medical profession cheat, and in the legal profession, and everywhere else. People cheat on their income tax.

So, as far as I was concerned that, you know, when I had the opportunities, I have been involved in education all my life, I taught for 10 years at the faculty of education summer school teaching teachers, I certainly presented at every opportunity a particular view of what I believed sport was about. And where I coached, we coached with that particular view, but other than that, I recognize that I am -- I am -- any one of us is not going to change the world. We can basically do what we do.

So, the awareness is one thing. The reality

is that each of us must do what we believe in, where we believe in it. And so I coached in one way and some other people chose to coach in another way.

Q. Now, at any point did your realization
5 about the use of drugs in sport in Canada cause you sufficient concern to bring it to the attention of the Canadian Track and Field Association, for instance?

A. Yes.

Q. Tell us about that, please.

10 A. Well, I suspect a number of times. And again, it's at moments like this that it would be wonderful to be a diarist and check dates and facts, and I can't, but I know that on a number of occasions I addressed the issue with various people in the Canadian
15 Track and Field Association office, I certainly addressed it a few times with Gerrard, Gerrard Mach, our head coach, but in about sometime in 1987, it became a real concern because what was what was happening more and more was a message, that seemed to be very confusing, kept coming
20 down. And the first message was that -- and this is consistently in Canadian sport, and it comes from Sport Canada and it comes down through most sport governing bodies and that is that we are interested in running clean sport in Canada, honest sport. And that's been a
25 strongly-stated message in words. But it seemed there was

also another message that kept coming and it came from everywhere. It came from the COA and some of their selection standards, it came from Sport Canada in carding policy, and it came from the CTFA in terms of recognition of coaching and those kinds of things.

And the message was that the kinds of performances that were expected were very high level, and in certain events, they were totally unreasonable if we were going to develop clean athletes. Some of the performances for carding were -- the initial stages of carding in certain events were probably not unreasonable if you could stay in the sport long enough to begin to achieve it. The problem is without funding, it's very difficult to train hard enough, long enough to achieve those levels.

So, there was a double bind and a double message. And our coaches were starting to feel this ambiguity. And there was a sense pressure, and I don't want to get that out of proportion, but it was not as if somebody was really leaning on them, but the message kept coming.

And, so, I was trying in -- sometime in 1987 I first contacted Wilf Wedmann and said that it was important that we have a meeting with our staff at our center because there were these issues we really wanted to

clarify.

And our first issue we wanted to clarify was what all this meant in terms of our coaches who were on one-year contracts, and that's not exactly the way to
5 guarantee professionalism in any activity. That when there was no sense of continuity or any security.

THE COMMISSIONER: Who was Mr. Wedmann.

THE WITNESS: Mr. Wedmann was the president of the Canadian Track and Field Association at that time.

10 THE COMMISSIONER: Thank you. Sorry, I have interrupted. Go ahead.

THE WITNESS: That was our first concern.

The second concern was what is the message as professionals. What we would like to know is what is
15 it you expect from us. Because when you can tell us clearly then we will tell you what we are prepared to do, we are going to tell you what we are prepared to do anyhow, but we would like to know what your expectations are anyhow.

20 So, we just couldn't seem to arrange the meeting. And it didn't take place until about the last week of February, the first week of March in 1988. And then we had a meeting.

25

MR. ARMSTRONG:

Q. All right. Where was that meeting?

A. At the University of Toronto.

Q. Who was there from the Canadian Track
5 and Field Association?

A. Wilf Wedmann, the president; Gerrard
Mach, the head coach; and Denis Landry, who was
responsible for coaching, development, and centres.

And from our staff, our administrator at the
10 time Ted Gruetzner, Carl Georgevski, Bogdan Poprawski, and
myself.

Q. All right. Again I assume that you
didn't keep a record of that particular meeting, but give
us your best recollection of what was discussed. What did
15 the CTFA people say, what did you say?

A. Well, you are right, I didn't keep a
record. But in a nutshell what happened was we asked the
questions that I have already stated, what is the message.
And the answer was, well, there is -- there is only one
20 obvious message, and that is that we are -- we are a clean
sport and we expect you to do the, you know, the best job
possible of coaching.

And we suggested that that didn't seem to be
what we were hearing. What we were hearing was in a
25 number of ways that there had been a -- not only a number

of verbal comments made, but in a year-end review, there
had been a written statement saying that we should really
be doing much more of what Charlie was doing, he seems so
well organized, he was getting terrific results, working
5 with sports medicine people, working with sports
scientists, and planning program, and a number of things
that would suggest that that this was one, some incredibly
clever way to do things, and that the rest of us weren't
clever enough to be planning programs and seeking
10 professional advice that we may not, you know, but
information we may not have at the moment.

15

20

25

THE COMMISSIONER: What kind of professional advice?

THE WITNESS: Sorry?

THE COMMISSIONER: What type of professional advice would they ---

THE WITNESS: Well, I mean, advice about organizing training programs. Dr. Tudor Bompa was involved more heavily in that program and it's nice and he had much to offer but the reality was that as professional coaches with background in coaching education, as everybody in our office had, including Bogdan who has a doctoral degree in that area, who worked in that particular area of responsibility in a centre in Poland for 12 years, we weren't exactly lacking in knowledge about how to plan a program nor would our results suggest that.

So, there had to be some other suggestion and with the rumors and the talk that was coming back from athletes, it had to be pretty apparent that you could not exist in the sport and not know that there were athletes in that centre that were using drugs.

THE COMMISSIONER: That's Mr. Francis' centre?

THE WITNESS: Exactly. So, if this was what we were to emulate, it seemed to be the message -- was the message -- was the message that we should be using

drugs.

Anyhow, when we came to that point, nobody wanted to hear exactly what we were getting at. We said, finally, we said, are you telling us that what we should
5 be doing is what is happening up the street and that is, there is drugs being used?

And the reply was, do you have hard evidence of this statement you've just made? And our reply was, of course we don't have hard evidence nor is it our
10 responsibility to get it.

As an employee in an organization, my responsibility and all of our coaches was to do the best job we could of coaching, not to be a police force or anything else. But that the administration in the sport
15 certainly was in a position to get the hard evidence and they had the responsibility to do so.

And the meeting lasted about two and a half hours. From that point on, it got rather loud and contentious and a lot of feeling got expressed and at the
20 end, everybody left unhappy and we went back to do what happens so often, arrive at training late and try to get on with the job and the results we saw in Seoul.

MR. ARMSTRONG:

Q. And did they indicate to you that they
25

were going to follow up your suggestion that, up the street as you've put it, they were training on drugs?

5 A. Well, feeling was one that happens so many times. There was, all the talk about random testing and the money not being available for random testing and that without hard evidence what could be done. They were certainly concerned and would do everything they could, those kinds of things.

10 But, as in everything, it's very easy to talk, it's very easy to write reports, those kinds of things. But the only thing that speaks very loudly are actions and, as I said, nothing happened and nothing had been happening for years.

15 Q. And you never heard back from them?

A. No.

20 Q. All right. I take it that what you were saying so eloquently, and I don't want to try to put it in my own words to take away from your own eloquence, but there must have been for you and your coaches a real sense of frustration by the time you met with the officials of the CTFA over the fact that you were running a program which was free of the use of drugs and you were somehow being held to account for your results which were being compared to a program that at least you believed was
25 involved in the use of drugs?

5 A. Well, our frustration -- there was a degree of frustration and I don't think that it was only ours and I don't think that we are, you know, we're unique. I don't think that University of Toronto were the good guys in Canadian track or any such thing.

 I believe that what we're representing, and you could pick many groups of coaches across this country, was the norm of coaching in track and field in the country.

10 There were a lot of coaches in the country feeling frustration, had felt it for a long time and it had been an issue; random testing, the use of drugs, these kinds of things had been issues in national team meetings for a number of years.

15 And we kept, you know, we kept trying to come with the answers that always looked good. We talked about random testing, we talk about getting sport scientists involved and we do all kinds of things except -- except make certain that we act in ways, and that all the people
20 in the sport, act in ways that are above rumors.

 I mean, rumors don't start without some cause. Every so often somebody will start a rumor about someone else out of nastiness or whatever. But those die fairly quickly because there is no substance.

25 Rumors that persist tend to have some

substance. And I think that it behooves the people in positions of responsibility to make certain that a sport, highly visible sport should be above rumors.

And so, this had been an issue for many years and many of the coaches felt very strongly about it and we had had many heated discussions at national team meetings. I can't tell you when the first one happened but it was probably in the early '80's.

Q. All right. Now, I wanted to ask a you more general question, Mr. Higgins. We certainly have had evidence in this hearing from more than one witness that there are some events in track and field in which it is virtually impossible to win at the elite level, the international level, the Olympic level, without the use of drugs.

Now, I don't know whether you can help us on that but it would be useful to have your opinion as to whether or not you agree or disagree with that?

A. I think the way you stated it, in certain disciplines, that it is -- it would be extremely difficult to win without -- without the use of drugs.

Q. All right. Now ---

A. I think it would take a -- in certain disciplines, it would take a really exceptional human being, on a really good program, having to be technically

exceptional.

Q. All right. And to be more specific, we have heard this opinion expressed, particularly in reference to the throwing events in track and field, and would you agree that that, in general terms is a reasonable proposition?

A. Yes, it is, and in some of the disciplines more than others. Probably in the shot more than anything else. See, the problem with these -- with this issue we're talking about right now is that you can only speak in generalities because we don't know -- we really don't know who is dirty, who's cheating and who isn't. And certainly among some of the top people, there are people who aren't.

The problem is now that all performances are tainted. Now, if you've got a group of ten people and you know that in amongst them there are definitely some cheaters but you don't know which ones, then everyone is suspect and that is a real problem that high performance sport is facing.

Some of the events are more -- it's more possible in some of the events to be among the best in the world clean than it is in others; no doubt about that. And the world list is usually different than the results of the major games because the sheer fact of testing in

major games does tend to change the outcome because the number of people definitely have to come off the drug in time to be clean for the testing.

5 THE COMMISSIONER: No, but as I understand it, though, that anabolic steroids are an aid in company with a very stringent training program?

THE WITNESS: Yes.

THE COMMISSIONER: And, so that -- you get the benefit over some period of time, maybe years?

10 THE WITNESS: Yes.

THE COMMISSIONER: And that's what increases and enhances your performance ability?

THE WITNESS: Yes, indeed.

15 THE COMMISSIONER: And the fact that you are worried about a clearance time, it doesn't do you any good to have the anabolic steroid in your system on the day of the race. It's not like other drugs?

THE WITNESS: No, but the effects the training....

20 THE COMMISSIONER: The effects of training is what you gives you the edge?

THE WITNESS: Yes, it is but the effects of training also wear off and so the degree to which we can maintain that intensity is determined.

25 THE COMMISSIONER: Well, let's assume somebody

takes steroids over a period of time, you know, what they -- with a rigid training program. We've heard from the athletes themselves, how it benefits them?

THE WITNESS: Indeed. No doubt about it.

5 THE COMMISSIONER: And improves their performance. Now, they know they've got to be tested say, in three or four weeks?

THE WITNESS: Yes.

10 THE COMMISSIONER: So, they stop taking the drug and hoping that they've timed it, the time the sample is taken, the time is clear?

THE WITNESS: Yes.

THE COMMISSIONER: Or they use diuretics or other masking agents?

15 THE WITNESS: Yes.

THE COMMISSIONER: But the day of the race, they've already had the benefit of the anabolic steroids?

20 THE WITNESS: Yes, they have. But the point I'm making is that with all training, which is why you can't have, drug free, a super long competitive season, the effects of training tend to tail-off; that you have to train very hard to maintain the highest levels of strength.

25 So that early in the season, for instance, and in certain situations where there is not testing, athletes

will come into the meet with incredible levels of strength, particularly in throws, and get exceptional results because they are not being tested. They are -- they are on it and training very hard right into the competition.

THE COMMISSIONER: Well, if they quit two weeks before, do you think that that would decrease the performance on the day of the meet?

THE WITNESS: Yes, indeed. Particularly in events which, as I said, in the throws where extreme bulk and strength are maintained. Because when we're pushing strength to extreme levels, a matter of a couple of weeks or three weeks of having to back off does make a significant difference in strength.

THE COMMISSIONER: Wouldn't they continue to train, as I understand?

THE WITNESS: Of course.

THE COMMISSIONER: But they just stop taking the drug?

THE WITNESS: And the training and the level of training and the response to the training will change. So that if we look at the results of a number of major games -- I think the '83 World Championships, you look at the European Championships, European Cup, you'll see throwing results in the shot on the world list, the

athletes who competed earlier in the year in events, their best performance will be anywhere from, you know, a metre to two metres in excess of what they threw in a tested meet.

5 THE COMMISSIONER: But they're still better at the date of the championship than they would be if they never took the drug?

10 THE WITNESS: Yes. Yes. But my point is, that, that -- well, my point is, they come down to the championship meet and there are some advantages to the -- in this regard. This is why the clean athlete has some kind of a chance to perform better in a championship meet relative to other people than on the world list. Because a world list frequently has amongst it a number of really
15 dirty performances that are going to be exceptional.

20 In the shot, a metre or two metres is significant. But when we go to the major games, if that person has fallen off considerably, a clean athlete is getting closer and closer to being able to perform at that level.

25 THE COMMISSIONER: But, the other one would likely still have an edge, I would think, from what I've learned so far? The one who has been on a steroids for a period of time will have an edge even though it's not taken at the meet.

THE WITNESS: Absolutely. Absolutely. But then again, depending, because one of the things that has never been discussed in this whole issue is that drugs -- there's two issues.

5 Drugs are not, one, the only answer and they're not going to make everybody a world champion.

THE COMMISSIONER: We heard that.

10 THE WITNESS: Okay? The other issue that is so vital is to recognize that there is a thing called genetics and that it's so unreasonable to believe that we should expect these world class performances from every athlete or that every athlete should be looking to be the best in the world.

15 I mean, this kind of thing -- and yet that's a trap that people fall into that leads them to all kinds of problems including drugs. So ---

THE COMMISSIONER: As I understand Mr. Francis' thesis is that, to use his own language, you don't put icing on the cake until you have the cake first.

20 Therefore, you have to have outstanding ability and only -- those are the athletes that I understand from him that he would discuss and he would encourage them to take steroids because he thinks that gives them the extra metre, or whatever you're going to say, in the sprint.

25

He didn't recommend -- according to his own evidence and the other witness we heard, he wouldn't recommend -- some, as a matter of fact, he discouraged from taking steroids because he felt that they weren't going to be good enough with them. In other words, they would not be world class.

THE WITNESS: Well, that's -- I mean, that's ---

THE COMMISSIONER: Well, that's what you're saying? You're saying some steroids aren't going to make everybody a world champion?

THE WITNESS: Absolutely.

THE COMMISSIONER: I think that's right.

THE WITNESS: That's right. And not anything is going to make everybody a world champion. By very definition, the world champion, for one, is the person who is best in that particular event on that given day and, you know, at that time. But, also, the champion of the world is the best person in the world.

So, right away, we're talking about a very small group of people.

THE COMMISSIONER: I understand.

THE COMMISSIONER: I understand.

MR. ARMSTRONG:

Q. I wanted to turn to another question,
5 if I could, and that is--let's take the example of a young
shot-putter who has the physique, the speed, the strength,
all the natural ability in the world, and he is a Canadian
and he is training, and if steroids were not a factor, he
unquestionably would be a world contender, but let's
10 assume that steroids are a factor and he comes to you or
some other coach and says look, I'm consistently 15th in
the world and I know now that the only way I can win a
gold medal or be in the top three or whatever it is I want
to be is if I take steroids, and what's the answer to that
15 kid as coach?

A. Well, as you stated, if the athlete
comes to any of us in this country with that statement, I
guess I can guess what many others would do from what I
have seen them do, but I can speak only for myself, and
20 that is my answer would be I am really sorry that it's
arrived at this state. If that's what you've got to do,
you're going to have to do it somewhere else because
that's not what we believe in. But the other answer is
the vital answer and that's the one we have to come to
25 long before the athlete arrives at 15th in the world, and

it begins when they first begin sport.

At the beginning we have to help people understand what sport's about and why they are doing it; what's the value, what's the meaning. There is--you know,
5 it seems to me there is little value to the world or to anybody in being able to project 16 pounds of metal some distance through the air. I mean, we have machinery today that can make it go much further, so just projecting metal through the air some distance is an absolutely useless
10 activity, and one of the first things I taught the young people about is what is the point then in putting a shot far or running around a track and jumping out into the sand, and I think that's a discussion that has to be generated from the very beginning.

15 It's a discussion that should be generated in our country. It should come from the top. We should understand why we are doing sport, and the only value, it seems to me, is what happens to the individual in the process of trying to make that piece of metal go as far as
20 he is capable of making it go. Because once one commits to that kind of an endeavor, then all kinds of possibilities begin to arise. We are going to meet all the challenges that many of these athletes spoke about, and they will come in minor ways and in major ways, and at
25 every challenge we are faced with options.

It seems to me the value of sport to the individual and to the country is to help young people to make the choice that will make them stronger when you meet the challenge, and not go the easy route, not to take what I refer to as the "fear choice".

Not make the decision - ultimately we talk about it - to cheat. There is many issues in here. It's not a simple issue and it doesn't -- you don't change it by giving a speech one day or presenting a paper. It's a process that happens day by day by day at the track or in the weightroom or whatever the sport may be.

Q. What about this -- I think you have really said it, but what about this whole idea of winning? I mean, are we as Canadians, do we have too great a fixation with producing gold medals and winning at international competition and so on, and if we do, what do you do with young kids to get them away from the idea that winning is everything?

THE COMMISSIONER: Well, there is two questions there first of all.

MR. ARMSTRONG: I realize that. I'm sorry.

THE WITNESS: I was filing one of them.

THE COMMISSIONER: Well, put the first one first, Mr. Armstrong.

25

MR. ARMSTRONG:

Q. Or is there too much emphasis on winning?

5 A. Of course there is. I think that our approach to sport around the area of winning is an absolutely absurd one. We keep talking about winning. The media deals with winning, and I generalize when I speak of the media because there are some sensitive and aware people out there, but one has to generalize. There
10 is an incredible superficiality because winning and losing are very easy things to keep track of. All you have to do is look at the score. You don't have to understand anything, and we see a lot of that going on. The problem with winning is it's a limiting concept. As an educator
15 in the schools when I began, I sought presenting a number of problems, but three major problems stand out right away.

The first one is that for many of us, it's just not possible. We know that. We're just not fast
20 enough, we're not strong enough, we're just not gifted with coordination of the skills of somebody else, whatever it is. So winning becomes an unreasonable possibility and we don't do sport. The second one is that we may have the ability to be very close to winning and then it puts a
25 terrific -- and undue pressure on the game, and I mean an

undue pressure because of all the values attached to winning, we might then, as we have seen, and we see it constantly around us, do anything to win and when the focus is on winning. And the third one is that for many of the gifted people, and this is one of the great problems in our country, that the gifted people suffer because they win too easily, and particularly as youth, they don't develop skills, they don't develop training attitudes, et cetera, and by the time they come to quality coaching or whatever, there are not only attitudes regarding winning and what success is all about to deal with, but there is this problem of the lack of skills or bad skills that have been developed because one could do almost whatever one wanted technically and beat other people.

So it's a very limiting concept and it's not an inclusive concept. It's a very exclusive concept. Only a handful of us can be winners. It discourages people from participating in sport, and not that at a given time and a given place it's not an appropriate thing, but it takes some understanding on the part of coaches and people in sport and particularly the people in the media who more than anybody are the people who make the ideas of sport available to the average person.

The average person's ideas of sport are

picked up today on the television, in the newspaper and on the radio. And they keep -- and that's --

THE COMMISSIONER: Well, I've read and heard from people say that we often -- the media often
5 portrays somebody that came second in the world as a loser. They lost. Somebody else beat them.

THE WITNESS: Absolutely, and we see far too much of that, but a story that sticks in my mind because I guess it was the first time I was involved with
10 an Olympic athlete was Louise Hanna who became Louise Walker later. In 1972, minor headline on top of the article in the Globe and Mail stated -- let me back up.

Abby Hoffman in a heat ran a Canadian record to advance to the semi-final in the womens' 800 metres in
15 1972, and in the semi-finals she ran another Canadian record the next day to advance to the final. And in the final, she ran again her third personal best three days in the row to finish 8th in the fastest women's 800 metres run up until that time. The minor headline said, "Abby
20 Last in Final".

And if that doesn't show an absolute lack of understanding of what sport is about and what the world is about, I don't know what does. Eighth in the world with the best time ever by a Canadian woman should have been a
25 performance that the nation honoured, if not for a year,

at least for that particular day. But it comes because people don't understand the nature of sport, what sport is about and the extent to which the world does and what it means to be an Olympian.

5 So this attitude gets carried out to the schools. It's out there in the community and youngsters are discouraged from participating, adults are discouraged from participating, and as a nation, we are losing a very, very potentially positive aspect of our society. It's not
10 all to this one issue, but this issue is a really big one, this emphasis on winning. So I don't talk about winning and most of our coaches don't talk about winning until it makes sense in a context in a particular time.

 What we talk about is personal excellence.
15 Personal excellence is possible for everybody. In that way, it's very inclusive. We can all be a part of it, we can all strive for it. It does preclude cheating by definition and it does not preclude winning because if you look at a nation like this one that is filled with, it
20 seems to me, so often the finest people from many nations around the world who are well-fed and healthy, we have exceptional talent that if we have a good system of physical education and community athletics, we are bound to discover enough people who are gifted enough that when
25 they go to a level of personal excellence, they can be

among the best in the world.

5 So things like medals should be an indicator of what we are really doing. They should flow out of a terrific system of physical education athletics. They should not be -- the medal should not be honoured so much only because of what -- that someone won in the world, but it should represent the peak of what's really going on in the country, and that is a whole lot of people doing sport and doing it at a really high-level.

10 So when we talked in those kinds of terms, then it makes sense to athletes, it makes sense to young people to participate and it makes sense to stay honest because it's the only thing that is a part of being personally excellent, and that's where we try to come from.

15 Q. Let me ask you about the carding system. You alluded to it a few minutes ago, but does the carding system as it presently operates for Canadian high-performance athletes, is it not in some way tied to the limiting concept of winning or at least the limiting concept of being in the top 8, the top 16, the top 100, whatever it is?

20 A. Well, yes and no. I mean, there is a part -- well let me say this. I think the carding system has some limitations in the way it's going, and many of us

are working to change that, and I think we are going to see some significant changes.

5 In my event area, combined events, we are -- excuse me. We are working on a much steeper line, if you will. And that is, we want a line that looks more like this where it's a lot easier to get on the line at age 18 to encourage young people into the event, and it should be more difficult to stay on it. In other words, the people that are in the system and being carded should be
10 excellent and that's I guess in answer to your second part of the question, is it not some way tied to winning.

I don't think it is tied to winning because 8th in the world isn't winning, 16th isn't winning. What is though is being exceptional, and I think that that's
15 the only reason we should be funding an athlete anyhow, is to be exceptional. Anything other than that they might as well be funding your recreational activity and my recreational activity. So it seems to me that we should fund athletes to be excellent for a number of reasons. To
20 be role models to the youth of the country, to be an inspiration to all of us, all of these kinds of things that are so vital and that our top athletes should provide for us.

Q. When you and I talked last week, I
25 think you put it fairly well and put it quite bluntly,

that the only reason for you and I and others who were tax payers to spend public money on athletes is if we are going to get something in return for it, and I guess what we get in return, one of the things we get, are our kids and ourselves and others get a role model to look up to. We can see the Lynn Williams and the others who participate in the kind of way that you would recommend. Is that putting it fairly?

Q. Yes.

A. Yes, it is because I don't see any other purpose in -- for a country to fund -- well, to fund high-performance sport. Obviously we have an offshore possibility for the rest of the world to see us as being excellent or whatever, but I think that's really a secondary and a very ancillary aspect of the program. I think that the real point of it is to be of some inspiration to Canadians. To show Canadians what is possible.

I know that when I see something that is done exceptionally well, and because I'm somewhat introspective, I guess I think about it, but whether we think about it or not, we are moved by excellence in every form, and athletic excellence just by the place of sport in our country of necessity will have a terrific impact on young people.

THE COMMISSIONER: Also I think it's a great aid to young people to get ready for a future life in the country, don't you?

5 THE WITNESS: If they do it in a way that --

THE COMMISSIONER: Well, your way.

THE WITNESS: Well, not my way.

THE COMMISSIONER: Well, I mean the --

10 THE WITNESS: In the way that I'm speaking about.

THE COMMISSIONER: That's right.

15 THE WITNESS: Yes, sir, because I believe that that's the way in which -- certainly in high-performance sport in this country, the majority of coaches are approaching sport, and that is to be the best that you can be in the context of your life and recognizing that as important as sport may be for a few years in your life, that it's only an aspect of your life, that no matter how successful you are going to be in
20 athletics.

25 The athlete who makes a lot of money is very rare, and even so, we know enough about humanity to recognize that when that athlete leaves sport, they had better have something to do with their life for the rest of their life. That they have something meaningful to

which they can go and make some contribution to the society in some way because without that meaning in their lives, it's going to be pretty hollow. We have seen the results of that too often around us. So it's really
5 important. Education is the number one priority, it seems to me. That doesn't mean they will take up most of your time every year because in trying to be excellent, there are going to be times when education will have to be shoved aside for a period of time.

10 THE COMMISSIONER: I understand the carding program also gives them an opportunity for them to continue their education and pursue their athletics without having to get a job. That's one of the ideas of it I think.

15 THE WITNESS: Yes, it does. Tuition is covered.

20 THE COMMISSIONER: Is there any condition that they do continue education? I have seen many athletes who have been carded for many years and at the end of the game, they don't have any education at all.

THE WITNESS: I think that's a tragedy. In fact, I think that's maybe the greatest tragedy that can exist in the system.

THE COMMISSIONER: Well, that worries me.
5 Should the carding system be sort of conditional at least requiring certain academic pursuits, obviously not full time if you are a full time athlete, but to just be funded and do your athletic thing for five or six years and get through without any education, it seems to me it was a
10 worry.

THE WITNESS: Well, it seems to me, too, that that's a problem. And, you know, I am not certain what the answer is, but, you know, there should be -- the athlete should be pursuing an education.

15 THE COMMISSIONER: Some athletics and some academic pursuit at the same time?

THE WITNESS: Take a course in each year, or be involved in some program that will be useful later on.

20 THE COMMISSIONER: But that's not a requirement now for carding?

THE WITNESS: No, it's not. No, it's not.

MR. ARMSTRONG:

25 Q. You have got an athlete now at the

University of Toronto, is it Mike Smith the decathlete?

A. Yes.

Q. And can you just tell us a little bit about him because has he not proceeded on the basis of training very hard over a long period of time, but also
5 keeping his hand in the academic side of things?

A. Yes, yes.

Q. Can you just tell the Commissioner about that because a specific example may help to
10 illustrate the point you are making?

A. Well, when Michael left Kenora to complete high school and to become a decathlete, he was facing an incredible task, and that was to learn a whole lot of new disciplines in a very short period of time,
15 which meant an incredible time investment, and to complete high school with enough marks to get himself into the courses that he wanted to get into at the University of Toronto.

And that required terrific discipline. And he did it, he succeeded in both. At the, you know, at the
20 end of -- he came to Toronto in September, and at the end of that year, he had a sufficient average to be -- to be accepted in to the business program he wanted at the University of Toronto. And by July of that year, 10
25 months after he began all these other disciplines, he was

the silver medalist in the world junior championships in decathlon. And he has maintained that kind of attitude.

So, he has taken two or three courses each year. In 1987-88, the Olympic year, he took only one academic course. This year he is taking three and training twice a day.

So, it is possible. And he is -- he is an exceptional young man. And it's not possible for everybody, not everybody is going to be academically orientated anyhow, but we should be doing something I believe towards preparing for a future.

Q. Just to sign off on Mike Smith, he was a member of the Canadian Olympic team, was he?

A. Yes, he was. He was 14th in Seoul.

Q. Then I wanted to ask you a little bit about the sport of track and field in Toronto. We are, we like to think of ourselves, those of us who are Torontonians, as a major city in North America, and we did have until recently a major indoor games. What about an outdoor games for track and field. Does Toronto have a major outdoor track and field meet each year or on a regular basis?

A. No. No, in fact, the last major outdoor competition was held in 1965 sponsored by one of the Toronto newspapers, and that was at Varsity Stadium.

And I think that again in terms of getting back to the issue I dealt with, the potential for young, for our best young people to have an impact on all of us it seems ridiculous that we have had so many fine athletes in this country, and the citizens of the country have not had an opportunity to see them perform life outdoors in their own country and to bring other internationals here. Because in all those ways, it has an impact on not just those of who appreciate sport and are inspired by excellence, but on the youngsters who see the possibilities that sport presents and will be attracted to sport.

And if we do sport in the right way, we should be attracting young people to it. I think it is a very positive alternative. But Toronto does not have a stadium with sufficient seating and a quality track to host a major international invitational meet. But we are bidding for the Olympic Games.

Q. And I guess we can't ask you this question, but it would seem that those that are interested in track and field, in particular, really need to get the support of the governments involved and politicians or whomever to say, look, we need modern facilities for this sport in places like the City of Toronto, I guess. Is that what we can take from that?

A. Yes. And I and it's just not -- I don't think it's just track and field, and I don't think it's just Toronto. I think it's a problem that we face, that we face across the country.

5 And it's really related to this issue that we are dealing with right now, the reason we are all here that we ended up with a serious drug problem in sport. And it's because we have allowed sport to just happen. We have -- we have lacked serious proactive leadership in the
10 past from the highest levels stating that sport should be an important part of our society. It is out there, and it's not going to go away. People are going to continue to do sport in one way or another. And a lot of the attitudes around sport and the sports that are being
15 promoted or whatever at the moment are too often being promoted by commercial enterprises using that sport to promote the sale of their product. And they are not being promoted by a Ministry of Education or a Ministry of Sport and Recreation that's saying that these are important
20 things for Canadians. We believe sport is important for these reasons this is how it should be conducted, whatever. We lack one of the things that for whatever it does, the East Germans don't lack and that is a very clear mandate of what sport is about in the country and how it
25 should be done and for whom and when and what kind of

resources are we prepared to make available to sport.

And again, I say that in the firm belief that sport is not just there because it is a fun thing to do, which it is, by the way, and we should never lose sight of that, but because it's a very important part of the fabric of our country that monies spent on sport, spent well with the right professionals in place, is definitely money that is going to be repaid handsomely in other areas of our society.

I think a lot of Health and Welfare money would be better directed into areas of sport and recreational and leadership in those areas than in trying to patch up problems that arise because there are not enough places for young people to participate in sport with quality professional coaches and leaders around them.

So, it is, you know, what we really lack as I said is proactive leadership and a real clear philosophy of sport.

So, we end up with situations in which it's being driven by their commercial enterprise or the needs and whatever else of a handful of individuals, you know. Because anybody in this country at this time, anybody can literally coach. And if you have enough resources and enough desire, you just go out there and do it. And if you are strong enough personality, you can drive that

group of people or that sport in a particular direction.
It's not always healthy -- it should always be healthy.

Q. If I understand what you are telling us
then that although it may be important to adjust the
carding system, adjust the carding criteria, although it
may be important to implement random testing, that those
things in themselves are not enough, they fall short of
the mark by themselves. Am I right in sort of what you
are saying?

A. Absolutely. You know, I like to think
of it in terms of -- of what happens between, you know,
bureaucrats and people who make -- who really get the job
done. The bureaucrats always do the right thing. You
know -- or, sorry, bureaucrats always do things right,
i.e., we make sure the carding system is done this way, we
make sure that paper is moved around, et cetera, et
cetera. We make sure we have a written statement about
what sport is about.

But, on the other hand, if we look at what
really happens, community recreation people and coaches
end up often not doing things right, but they do the right
thing. And that is the right thing is what's needed for
the young people at that moment in that community at that
time.

And so we -- the things we need more than

better carding and so on are better leaders in the community. We need a commitment of the physical education. I mean it is a -- I use the word tragedy, I am sorry I have to keep coming with it, but in Ontario you
5 can graduate from the secondary schools with one credit in physical education. And that -- that's absolutely ridiculous. That's a situation that should have never come about.

And we need -- we need quality physical
10 education in our elementary schools and so on right on up the list. We need quality professional coaches to work with our highest levels of athlete.

And so what we have is a strong bureaucracy of sport in this country, but we don't have a sport
15 system. Down below that level, there is no real sport system. Coaching doesn't exist as a career possibility. Physical education is rapidly disappearing it seems in our schools when it should be going the other way.

And so I think that it is -- that this
20 Inquiry and the visibility that's it's being given is a wonderful opportunity for the country to do some serious thinking about what we want from sport, what should sport represent for all of us.

MR. ARMSTRONG: Thank you very much, Mr.
25 Higgins. You certainly have helped us in doing some

serious thinking. I am sure others will have some questions of you.

Those are all the questions I have, Mr. Commissioner.

5 THE COMMISSIONER: Thank you. Any questions, Mr. Pratt.

MR. PRATT: Yes, a few, Mr. Commissioner.

--- EXAMINATION BY MR. PRATT:

10 Q. Good morning, Mr. Higgins, I am Alan Pratt, I represent Charlie Francis.

I just have a few questions really to perhaps bring out some of the comments you made earlier, in particularly in relation to the notion of high performance as it's currently understood in the Canadian sport system today.

Now, you, like Mr. Francis, I believe, head up a high performance center as defined by the rules of Sport Canada and I guess the CTFA as well; is that right?

20 A. Yes, I do.

Q. Now, the high performance, how do you understand the mandate of those centres, it's performance in relation to what standard?

25 A. Well, what I think of as a world class standards and that's how I choose to interpret it. And it

seems to me that -- that in a sport like ours, track and field, that the entire world does. This it is not a sport that some people in the world do or only the wealthy do in those countries, but the world basically does track and field. That to be among the top 100 in the world in a single discipline, is definitely world class performance. If one can be in that select group of the top 50 or that's -- that's great. To be in the 16 in the world or the 8th in the world, is exceptional. I mean -- that's how many of us in this country, in any activity, in any profession, are among the top 100 in the world in anything.

And but it's not a perspective that we have, because we don't think about it because this inane emphasis on winning. If you aren't number one in the world, isn't that unfortunate.

Q. All right. But I think you were expressing it earlier some frustration at the pressures to really put the emphasis at the highest levels. In other words, in a level of finalists and Olympic competitors; is that right?

A. No, no, the frustrations were in trying to live up to a standard of performance in our country that was obviously false. It was not a true performance because it was a drug-enhanced performance. And so that

as coaches that was our concern.

We had nine Olympians. And as I said, we have always, in all the years I have been associated with first Fred Foote of the East York track club, and later at the University of Toronto track club, we have always had people who ranked among that top eight or somewhere there in the world. And that I think is exceptional when you look at the system that doesn't exist in our country.

Q. Would you say, sir, that the false standard you have described, would that apply to the sprint events as well as the throwing events?

A. Well, for a time in our country there were definitely false performances in throws. There is no doubt about that. And we have seen it. In 1986 we had three athletes test positive. And certainly were representative of having generated some false performances.

Q. I think you gave us quite a bit of evidence relating to your perceptions of the need in throwing events and particularly the shot put to use anabolics to meet international standards, at least the elite standards at the international level. Would you say that the same is true of the sprint events?

A. No -- well, let me -- I don't believe that's what I said for starters. I didn't say there was a

need to reach that level, because it would suggest that therefore that is something we should do.

What I did say is that among the top levels, there are definitely people who are using drugs, but that
5 surely doesn't mean that we are going to need to use them.

Q. I didn't mean to put that in your mouth, sir, at all. I think you made your views on that pretty clear.

A. Okay. Yes. Well, I am not an expert
10 in the sprint events and but I -- I have -- I am -- I think of only one thing keeps coming to mind. I look at the progression of some athletes in sprints from the time they were very young, and their progression seems to make sense to me as a coach. And they are definitely running
15 among the very best in the world. And look at others who have improved and run near the top of the world, and then we see both a change in their bodies and their performance dramatically and they become among the very best in the world. And that's fairly obvious.

20 But I am reminded always of what Charlie said. I mean Charlie spoke in as if everything was a fact. And one of the things he said was that you gave away a meter without using steroids in the 100 meters. He didn't say 110 centimetres or 90 centimetres, he said we
25 give away one meter.

And I was in Seoul, and Ben won by well over a meter. So, it would seem to me that what Charlie is suggesting is that had they stayed honest and worked all these years, that Ben could have won without the drugs, because he sure had more than a meter.

Q. Is that your own personal conclusion, sir?

A. As best as my system of logic works, if you gain a meter by drugs and you win by more than a meter, it seems to me you didn't need them.

THE COMMISSIONER: You made a finite -- I have no comment on that, but when some people say a meter, I am not sure that Mr. Francis meant exactly a metre or not, I don't know.

THE WITNESS: Me either. And the reality is --

THE COMMISSIONER: You are assuming -- you are taking it precisely that way?

THE WITNESS: It was stated pretty precisely, but the point is this Charlie doesn't know, Ben will never know, and neither will anybody else. And the only thing we do know is that Ben tested positive and he will spend the rest of his life never knowing what he was capable of doing.

MR. PRATT:

Q. All right. I think we --

A. And I wouldn't want to surmise on whether everybody else is cheating, but I do know this: I know a lot of athletes who don't cheat.

Q. You have given a fair bit of evidence I think about the equities and the values of the sport within Canada, and, indeed, I think from your perspective of injecting a different perspective on the sport.

Now, isn't it true, though, sir, and I think from your evidence it seems to be true, that there is a great deal of pressure particularly on those heading high performance centres to excell, and by that I mean reach Olympic finals and medals at the high performance level from the Canadian sport system itself?

A. I can't personally think of a coach in this country who has lost his funding because he failed to put athletes into an Olympic final. And I do know a number of coaches who have not cheated in this country who have put athletes into Olympic finals.

I think the pressures that we talk about tend to come from inside. And there are -- I don't see the great pressure from without.

In fact, it would be nice if we had a sports system and a population that cared enough to voice a whole

lot of pressure because I think most professionals could deal with it anyhow.

Q. Isn't it true, sir, that some of the pressure comes from the athletes themselves, don't they want to win as well as reach their best performance?

A. I think athletes who are really focussed on winning are misguided. Until the time comes when it's appropriate to win, and, Mr. Commissioner, you spoke of this concept of putting the icing on the cake, or whatever, but it seems --

THE COMMISSIONER: It wasn't my concept.

THE WITNESS: I know, it was Charlie's idea --

THE COMMISSIONER: That's right. It was an expression.

THE WITNESS: That's a valid one. And in the sense that --

THE COMMISSIONER: I read that expression in some testimony given in the United States by another coach, he used the same expression.

THE WITNESS: If we are talking about the world, it doesn't make sense when I am beginning to compete and train to be focused on winning at the world level. And that's absurd.

In decathlon, my event, when one is scoring

at 7,800 points, the best you better hope to do when you go to a competition is to be able to withstand the pressures that we create for ourselves because of our vision of what's happening around us and a score more than you have ever scored before. When you go to an Olympic Games and your performances are already among the top six or eight in the world and they are very close to what the best are scoring, the people who are one and two and three, then it seems to me reasonable at that time to add a whole new challenge to this -- this thing that athletics is about. How well can I perform when it matters the most.

And then it's reasonable to think about winning, to plan, to deal with this thing. But the reality is that even to win, we still must do the best that we can do, because track and field is, in the phrases of the academics of motor learning, a closed skill. That even middle distance running where there is some tactics is still pretty much me having to run my race, but things like sprinting and jumping and throwing, I do not interact directly with any other competitor. And he cannot influence my performance, except psychologically, and I can not influence his.

So, the concept of athletes wanting to win I think comes back again to misguided coaches, and a culture

that too often that needs to live vicariously through the athletes. Reporters, who too often have not ever trained that hard themselves to truly understand what's going on out there and understand the struggle. And then the
5 youngsters buys into this, that winning is of some consequence. If I win, I will be more accepted, I will have a lot of status or whatever, useless kinds of things. And then we have our difficulties.

So, yes, athletes want to win. And one of
10 the roles of a professional is to help a young person get that in perspective. And as I said, there comes a time when it is the ultimate thing that we may strive for.

In the meantime, we should be talking to
15 young people about important things, being the very best that they can be.

MR. PRATT:

Q. Now, I just want to finish off with a
20 reference, I would like to clarify perhaps a reference to your analogy with the East Germans.

I took it, sir, that you were talking about their degree of commitment, the state support, and the resources that are being put into the sport. Was that really the context you referred to?

25 A. Well, I mentioned that, but what I was

really using the East German situation to illustrate was a commitment to sport and what sport should mean they --

THE COMMISSIONER: Well, that may not be the best example, with respect, because we have heard a great deal about the use of steroids in East Germany.

THE WITNESS: Well, we have heard a great deal about it, but, you know, it's like a lot of things we have heard about, they are opinion. And a lot of people who wish to talk about it so much, don't know that it's happening.

And one of the problems I see is that for years we have used drugs elsewhere as a way to rationalize the fact that we aren't prepared to develop a system. We aren't prepared to coach hard, we aren't prepared to train hard. And we want to come to this crazy belief that because I do train hard, and I think I am coaching well, that therefore I should be -- I should be among the best in the world.

I mean just because I train hard there is no guarantees. I am not convinced -- I know a number of East German coaches in my discipline -- I am not convinced that there is any more people cheating in East Germany than there are in our country or anywhere else. And as I said earlier everywhere we know human beings are going to -- I am not convinced of that. And if I had to make a

statement, I would simply say that, yes, there is some cheating there, and there is some cheating everywhere, and there is some cheating here. But it's not a product of their system.

5 Q. Are you suggesting that the East German system isn't results orientated and it isn't focused upon the number of medals they get?

 A. I think that with the -- at the top end, there is definitely a commitment to those kinds of results and you see it in the number of professional coaches that are trained, the number of professional support people in every area related to sport, right on down to the elementary school system. The support is an important -- they see it as an important part of their system, not just at the top, but all the way done.

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 Q. Is it your view, sir, that if Canada were to give a similar commitment to the sport in the ways you have suggested that we could reach the same level of medal performance in international games?

20 A. Who knows that. And to me, that's not as important --

 THE COMMISSIONER: That's not the important issue anyway.

 THE WITNESS: Yes, that's not as important as we made the commitment, I guarantee we would be a lot

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better than we are, but we would be so much better at the bottom end and in the middle where it really matters, where people like yourself and myself might still have community clubs where we could go and do our thing badly.

5 MR. PRATT: I might yet beat the eight-minute mile.

 Thank you, sir, those are my questions.

 THE COMMISSIONER: Thank you. Any other questions. Mr. Bourque.

10 MR. BOURQUE: Thank you.

--- EXAMINATION BY MR. BOURQUE:

 Q. Good morning, Mr. Higgins, my name is Bourque. I represent the CTFA. You told us about a meeting you had with CTFA representatives in February or March of 1988?

 A. Yes.

 Q. And when you told them you believed there was drug use at the York Track Center their immediate response was "Did you have any hard evidence", wasn't that their immediate response?

 A. Yes, it was.

 Q. They didn't say to you and to your coaches there, never mind what's going on at York, that's none of your business. They didn't say that, did they?

A. Well, no, I don't think that was ever directly said.

Q. And they, going back to their request for evidence, all you and the other coaches there could
5 give them at that time was what was abundant everywhere, suspicions and rumors. Isn't that right?

A. Suspicions and rumors and repeated rumours and feedback you got from athletes every day. They were available to everybody.

10 Q. Sure. And can I ask you if you are aware of attempts made by Mr. Wedmann to follow up on public statements about drug use made by persons such as Dr. Doug Colman, Mike Dwyer, Atley Mahorn, Dr. William Stanish. Are you aware of any of his efforts to follow up
15 on statements made by those people?

A. No.

Q. And can I ask you, I think you have alluded to it in your evidence this morning, are you aware of an investigation that was conducted by OTFA and the
20 CTFA following the positive tests of three throwers in 1986?

A. Yes, I knew there was some investigations.

Q. Are you aware similarly of an
25 investigation conducted here in Canada into allegations

made in '85 or '86, that a coach by name of McGinnis was injecting athletes with vitamin B 12. You are aware of such an investigation?

A. Uh-huh.

5 Q. You have to say yes or no for the record.

A. Yes.

10 Q. Thank you. Now, just finally on the subject of this meeting in February or March 1988, you say you never heard back from the CTFA representatives, but did you not become aware that after that meeting, Gerrard Mach met with Mr. Francis at the York Center about your allegations?

A. Yes.

15 Q. And did you not become aware that Mr. Francis' response was to vigorously deny those allegations of drug use and to threaten legal action against his accusers?

A. Yes, I heard that rumour.

20 Q. In any event, as you have said, when you asked the CTFA representatives at the February or March 1988 meeting what the message was, their response was we are a clean sport and we expect you to do the best job you can coaching?

25 A. That was the essence, yes.

Q. Now, Mr. Higgins, based on your extensive experience in the sport, how widespread do you believe banned substance use is in Canadian track and field?

5 A. I think it's really limited in the Canadian track and field, extremely limited.

Q. Can you identify the areas, whether geographically or in terms of events, that you believe it limited, sir?

10 A. Well, the last number of years I think it's been limited to the sprint area at one center.

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A. And as we know, for a time there was drug use in the throw area with some throwers.

Q. You said, at another time in your evidence, that you believe most Canadian track clubs were like the University of Toronto Track Club. Do I take it you meant in the respect that they, like your club, would not condone banned substance use?

A. Yes, I would say that to be true. And, not being all knowing, there may be some exceptions but you tend to hear about the exceptions on the rumor mill and I don't believe that, that at this time, that there is -- there is any real significant drug use anywhere in the country at the top levels in track and field, certainly among our national team athletes.

Q. Now, finally, in your view, what is required to effectively combat banned substance use in Canadian Track and Field or amateur sport, in general, for that matter?

A. Well, I think that the first thing that has to be done is that our coaches have to become pro -- we have to professionalize the coaching system.

Q. By which you mean?

A. I mean, we have to make it like any other profession, that people should -- there should be a career path there, there should be reasonable remuneration for

the quality of work that is expected and the impact that these people will have on, not just the lives of young athletes, but on other coaches and on many other athletes and that it spreads throughout the country.

5 And as professionals, the first thing that we all have to be able to do is take a very strong stand, not just with the athletes with whom we work, but in an educational way with the rest of the country.

10 You know, if you -- I've said this many times but we totally eliminate the problem the day that every high performance coach refuses to deal with an athlete who is on drugs. If you and I are the only two people coaching in Metropolitan Toronto at high performance level and I will not deal with an athlete who wishes to be
15 associated with drugs and you will not deal with that athlete, where is the person to go to be a part of the system.

Q. How do you secure that co-operation by the coaches?

20 A. Well, I guess, by starting to make sure that we bring quality people into the system. Because the most important thing in coaching, which is an educational process, is the quality of the human being. The technical skills anybody can learn. Physiology and biomechanics and
25 all of these things are not some arcane science that only

a handful of us are capable of understanding. I mean, anybody can learn those things.

What is difficult is the other thing that, you know, Geoff Gowan speaks endlessly and eloquently about and that is the art of coaching. So, we've got to get quality people in the system and we've got to support them in ways that are going to guarantee they will continue to be quality people.

THE COMMISSIONER: Should they be certified by Mr. Gowan's group, something like that?

THE WITNESS: Well, yes. One way or another we have to be certified and within it, I think we professional ---

THE COMMISSIONER: Mr. Gowan was a witness -- he was a witness here earlier in these proceedings.

THE WITNESS: Yes. And I think the CAC has a powerful role to play in at the top level. The new organization, the Association of National Coaches has a role to play. But also, the -- I mean, every citizen has a role to play and that is, we should be asking questions about who is coaching our young people and what kind of people do we want coaching and not just as national coaches.

Anyhow, to get back more directly to your question, that then we must be -- we must act

professionally and the professionals who, as you mentioned earlier, had meetings, did investigations, they did all the right things, you know, they did things right. I'm having trouble with my language this morning.

5 THE COMMISSIONER: You're making a fine distinction, I think. They're following the book is what you're saying?

10 THE WITNESS: That's right. They followed the book but nothing really happened. We didn't do the right thing which was, change the situation that kept creating all the rumors. We didn't change it.

15 And so that when a professional coach in our system, whether it be in basketball or track and field or anything else, begins to generate difficulties, then the person should be dealt with as a professional, whatever those difficulties may be because the image of sport, as I spoke about earlier, is mainly what sport is about to the public. If it isn't a positive image then what are we doing with it?

20

MR. BOURQUE:

25 Q. If we can't prevent the problem entirely, through changing our thinking and our philosophies and we have to deal with incorrigible types who are going to do drugs, no matter what, can you address the issue of

out-of-competition testing and tell us, in your experience, training athletes whether this would constitute any kind of effective deterrent?

5 A. Well, for sure it will have some impact but the only way that random testing is going to have a real impact today is no-notice testing.

Like, short-notice testing, forget it; 48 hours or 24 hours. I think it's got to be -- if we've got to have random testing, it's not just that we do one thing
10 or the other. But testing is, I mean historically, prohibition has never worked with anything. I don't believe it's going to work here.

If we're going to do testing, it's got to be no-notice testing. The designated testing team has got to
15 show up at the track at the University of Toronto and say, Hello, Joe Brown, your name was selected and when you're ready, go to the washroom and I'm here and that's how it is.

MR. BOURQUE: Thank you. I have no further
20 questions.

THE COMMISSIONER: Anything further? Mr. Futerman, do you have questions? Mr. Futerman is next, please. Do you have any questions? All right. We'll
25 take a short break now.

---Upon resuming

THE COMMISSIONER: I am sorry about the delay
but I had to meet with counsel on a few matters. Mr.
5 Futerman?

MR. FUTERMAN: Thank you, Mr. Commissioner.

EXAMINATION BY MR. FUTERMAN:

Q. Good morning, Mr. Higgins. Mr. Higgins,
10 you have heard Mr. Francis' evidence as to the role -- his
role as a coach and his philosophy of coaching. You've
also heard his evidence as to the kind of influence he
brought to bear on his athletes to use anabolic steroids.

Do you agree, sir, that a coach is one of the
15 most influential persons in an athlete's life and that he
can influence that athlete to either do positive or
negative things depending on his own philosophy?

A. I think the coach definitely is a very
influential person in the lives of young people and it
20 will vary from situation to situation. But there is
absolutely no doubt that the coach is the most significant
person in establishing the kinds of attitudes that are
accepted and acceptable around the training environment.

And that's not to say that the coach is going
25 to take someone who comes with a very strong value system

and change it. But, I think that, particularly with young people who are developing their values, there is a great possibility to begin to make significant changes.

5 But, without a doubt, coaches, when they are in a situation that extends over a long period of time and it's an intense situation of many hours every day and around intense situations like competitions and so on, will have a terrific impact on what young people believe about sport.

10 Q. And a coach who spends many years with an athlete, is it fair to say that that athlete would develop a significant amount of trust in his coach?

15 A. Well, I guess if the athlete is still around after a long period of time, there must be some trust or the athlete wouldn't be there. I think that the coach/athlete relationship is a very interesting relationship that grows in one of two directions.

20 Either the athlete becomes, in a sense, more and more dependent on the coach, more trusting in a sense of the coach will dictate the program totally, et cetera, et cetera.

25 Or the relationship grows into one that is much more of a mature adult partnership in which the coach, in terms of training and everything else, will be an equal partner in input and the athlete is coming to

know more and more about what has to be done in training because the athlete has a little more feedback from his or her body than the coach does and it's obvious who knows best what is happening.

5 But for sure, trust is basic to any relationship that's going to be effective.

Q. All right. You have known Charlie Francis for a long time?

A. Yes, I have.

10 Q. All right.

A. Yes, I do.

Q. And he, of course, has been a national coach for a number of years and you've sat in meetings with him and what can you tell us about Charlie Francis' philosophy as a coach, other than what we've already heard from you today, that might give us some insight into the kind of influence that he might have on his athletes?

15

A. Well, I think the -- you know, the Charlie that I know as a coach is incredibly committed in a sense that track and field, high performance track and field, has been a really significant part of his life. In fact, it's -- it may be safe to say that it has been his life.

20

And he's an extremely bright man. He's technically very knowledgeable and he feels passionately

25

about what he does. He is a powerful personality and so he doesn't, like a lot of us, what he believes in, he believes in and when he begins to speak about it, he only speaks in definite terms, not -- there are very few areas
5 that are gray. So, he was -- he was interested in working with athletes to be among the best in the world, no doubt about that. That was what he was after.

Q. Knowing Ben Johnson as you do, because I believe that you have met him from time-to-time as well,
10 and watching the relationship between the two, can you help us as to the kind of influence you would think that Charlie Francis would have on a Ben Johnson?

THE COMMISSIONER: Well, does he know? I mean...

15 MR. FUTERMAN: Well, he can say he doesn't.

THE COMMISSIONER: If he wasn't there -- I'm not trying to interrupt you, Mr. Futerman, but these are quite hypothetical questions sometimes.

MR. FUTERMAN: Perhaps we can ask him, did you
20 watch the relationship? Did you observe the relationship between Charlie Francis and Ben Johnson from time-to-time?

THE COMMISSIONER: That's better.

THE WITNESS: Occasionally, at training situations and then on national team trips and so on. It
25 was a relationship that was one in which there was a

powerful coach and an athlete who worked closely with that coach and, you know, other than that, it's a lot of surmise and projecting of what's going on. But there is trust there.

5

MR. FUTERMAN:

Q. All right. This is the Year of the Coach, in Canada, 1989. Is there anything else that you can share with us other than the philosophy that you've already described earlier this morning as to the kind of things and the kind of ideals you want to see and the kind of coach that Canada should have for its athletes?

A. No, I think I've made myself fairly clear about the qualities of the human beings who should be coaching. I think coaching is probably, in the field of education, one of the most powerful influences possible and not because in a sense it's more important, because it's not a matter of importance, but it's a matter of a degree of intensity.

Nowhere else in the whole area of education does anyone get into a relationship that can be as intense as is high performance coaching where you spend a number of hours in -- in a situation that is very emotional in the sense there's a big commitment here and we're after -- we're after the ultimate, if you will, of which that human

being is capable.

So there is a potential for great influence and so the quality -- I repeat myself -- the quality of the human being who is involved in the coaching process is everything.

Q. Mr. Higgins, I gather over the years you've been a coach, some athletes have approached you about the use of anabolic steroids?

A. Well, not ---

Q. Or asked you about using anabolic steroids and the advantages and disadvantages?

A. Yes, indeed.

Q. And you've discouraged them from the use and you've pointed out quite clearly that this was not the way to go in sport, in this country, is that fair to say?

A. Yes, extensively and endlessly and to the degree that, like a number of topics, it's don't bring it up because you don't need another one of Andy's lectures.

Q. Is it fair to say that your discussions with these athletes have had a positive effect on the athletes that have worked with you?

A. Yes, I would like to believe that. And -- yes, I can state clearly that I've worked with athletes who came to the situation with doubt in their mind and who stayed and no longer had any doubt as to how

they were going to conduct them in sport. That, I know that for a fact.

Q. Is it fair to say then, Mr. Higgins, that a coach not only has a positive or a negative role to play in the development of an athlete's character long-term but also his desires or lack of desires or his attitudes toward the use of anabolic steroids, as well?

A. Yes, I think that's -- that's very safe to say.

MR. FUTERMAN: Thank you, sir.

THE COMMISSIONER: Thank you. Any other questions? Mr. Armstrong.

RE-EXAMINATION BY MR. ARMSTRONG:

Q. Mr. Higgins, one thing that I had overlooked in covering with you in your background, a very important area that I would just like to bring out now.

That is, that you are a member of a very important committee or subcommittee of the Sport Medicine Council of Canada. I can never remember the proper name of that committee. Could you tell just tell us what that committee is and how you come to be a member of it?

A. Well, the name is longer and sounds more important, I suspect, than any committee is but it's the subcommittee on the use of banned substances in sport and

it's chaired by -- currently chaired by Dr. Andrew Pipe and I represent the -- I represent coaches on that committee.

Q. All right. Then I just wanted to ask you about some of the evidence you gave concerning the use of steroids by Canadian athletes in recent years and as recently as 1987, 1988. We have this evidence now -- we're not finished of course -- but it seems clear that on the evidence that we have that the number one sprinter in Canada for several years, male, number one in the world, Ben Johnson, was on a steroid program up to the Olympic Games.

We have evidence that the number one hurdler in Canada for the last almost decade, Mark McCoy, number three in the world going into the Olympics, was in the year, prior to the Olympics, involved in a program of steroids.

We have evidence that Desai Williams who, just prior to Ben Johnson reaching his zenith, was the number one sprinter in Canada, ended up in Seoul as not insignificantly in the top 8 in the world, was on a program of steroids. We have -- prior to the most recent Olympic Games.

We have evidence that Angella Issajenko, who consistently has been number one in Canada since 1979, I

think the only time she ever lost -- the only time she was not first in the nationals was when she didn't run in them in 1985 when she was having her baby. She, number one in Canada, consistently either in the top ten or close to the top ten in the world in the women for a period from '79 through '88 is on a steroid program.

Other members of our Olympic team in the sprints; Molly Killingbeck was on a steroid program prior to the Seoul Olympic Games.

Then there's the other evidence of Tony Sharpe who was injured before the Olympics Games but obviously one of our top sprinters in Canada and a candidate to be possibly on our Olympic team had he not been injured.

We have the evidence of Tim Bethune from another club, other than the Mazda Club, who talked about his own frustrations, and who, for his own reasons, perhaps more out of curiosity than anything else, but he went on steroids.

We hear that, in the evidence, that Rob Gray, consistently number one in Canada, discus thrower, Canadian record holder, Commonwealth record holder, certainly number one in Canada in 1986, tests positively for steroids. He's at another club other than Mazda.

Then two other throwers; Dajia and Spiratosa, again at the top so far as Canadian throwers are

concerned, as recently as less than two years ago.

And I just wanted to be clear that I understood exactly what you were saying when you said that the use of drugs and steroids was limited in Canada, however, it's not to say, I take it, that it's not a serious problem? You agree that it is, in fact, a very serious problem that we as Canadians face and those statistics must tell us that. Do you agree?

A. Yes, it is. It is an extremely serious problem and I guess with my view of sport, I believe if we have one athlete who is cheating, we've got a serious problem. And I'm not so naive as to believe that we will never have a situation in which there is no one cheating.

But, I do believe that it is possible to be moving as close to that as is possible and that should be our commitment. But as serious as the problem is, it is not as extensive as we were led to believe and, you know, we talked about these people and some of their achievements.

But we have not talked about the terrific performance that most Canadians are not aware of, of an athlete Mahorn, who ran so well in Seoul and has run consistently well, who is an exceptional student and among the very best 200 metres runners in the world.

Of a medical student, Cypriani Enweani, who

was 9th. Was he in the other heat, he would have been in the final in the 200 metres. And I could go on and on.

In my -- there is no doubt in my mind that of the 65 athletes on the Olympic team, that all but a handful that have been named with -- with maybe an exception and, you know, what we're doing is conjecture -- but there may be an exception or two, absolute most, that we're talking about 58 or 59, or whatever it is, out of 65 Olympians are perfectly clean and have been tarred with one general brush that all high performance is a result of drugs, 80 per cent of athletes are on it.

I think that what was misunderstood in that, if that's what Charlie was really getting at, is that maybe 80 per cent in an event that he knew something about and I wouldn't want to discuss that.

But as a generalization, and certainly that's what the public has come to believe, it's a terrible generalization.

Q. Well, in fairness -- I think in fairness to him, he was not saying that. He was saying 80 per cent at the elite level in certain events?

A. Fair.

Q. And he named the events and I take that, when all is said and done, you and he probably wouldn't differ all that much?

A. I think that we might not in that area. Although, I think we would differ to a degree.

THE COMMISSIONER: That's what he said. He was talking about his own events.

5 THE WITNESS: Yes. And we come back to the problem I alluded to earlier and that's how the information gets misinterpreted, as it is disseminated to the public.

THE COMMISSIONER: It's a little overstated. 10 I think in all fairness, if you read his testimony, he's speaking of his own specialty.

THE WITNESS: Well, but as someone in the sport who lives there every day and I plan to be there for a number of years, I have a great concern that the people 15 with whom I deal, in a sense my constituency and that is the public, has a clear impression that sport is not filthy and it's not peopled by cheats.

THE COMMISSIONER: That's why you're being today and being so welcomed, by the way.

20 THE WITNESS: Well, thank you. But this is a really grave concern that, you know, the day I saw the Globe headlines, it says "CAN'T WIN WITHOUT DRUGS" was more than a little bit of upsetting, that this was being put out in this particular way. I guess, you know, it 25 didn't say that this was an opinion of somebody or

anything else. It was printed there as it was black and white and I would just like to state that I totally disagree with that as an unqualified statement.

5 MR. ARMSTRONG:

Q. All right. Then, Mr. Futerman asked you some questions about Mr. Francis and Ben Johnson and I take it that over the years you have, as a coach and a professional, observed to some extent the relationship
10 between Ben Johnson and Charlie Francis?

A. Yes. Well, we're in the same city and sometimes we train in the same venue and, of course, when we travel in national teams, it's like you observe the relationships of many coaches and athletes. And a lot of
15 it is incidental and sometimes you pay attention because you can learn something.

THE COMMISSIONER: Would any of your athletes have contact with the Mazda group and Mr. Johnson, the rest, would they -- your own athletes.

20 THE WITNESS: Sure. In fact, in a number of ways, in a number of settings, I've said this before, I have -- I have benefited and the athletes that I coach have benefited from Charlie's technical knowledge, no doubt about it.

25 THE COMMISSIONER: When you're travelling

abroad, I guess your athletes would get to know the Mazda group, too, on a personal basis?

THE WITNESS: Not just travelling abroad, right here in the city. Track is a rather small and intimate community and people do get to know one other and share some time socially or otherwise. So, there is definitely lots of interaction.

MR. ARMSTRONG:

10 Q. And I take it that as a member of the national team, as one of its coaches and one of the Olympic coaches of a team that was only -- what was it 56 or 65?

A. Sixty-five track athletes.

15 Q. I take it over the years you've gotten to know Ben Johnson yourself and have talked to him from time-to-time?

20 A. Yes. And, in fact, there was a period of a couple of years when Ben would drop into our centre once every couple of weeks and hang out for an hour or so and just talk to people or, more often, just hang out.

25 Q. We, of course, have now heard in this hearing a lot of evidence about his having taken steroids, having been injected with steroids by Dr. Astaphan, Mr. Francis, Angella Issajenko and others.

And I'd just like to ask you, do you think that Ben Johnson's intelligence is such that he would not have known that he was taking steroids when he did take steroids?

5 A. Well, I'm not sure that I can, you know, unequivocally say that anyone knows or does not know something. But, being in the sport and hearing athletes talk to one another and knowing what happens, I can't believe that, one, an athlete doesn't know what is
10 happening and because of the conversations that go on, in athletics, that the athlete could be unaware of not just, one, what is happening, but why it's happening and what it means in the context of the sport.

15 So, I can't -- be tough to convince me that anyone could be unaware.

20

25

MR. ARMSTRONG: Thank you. Those are all the questions I have of this witness.

THE COMMISSIONER: Did you ever speak to Mr. Francis yourself about his philosophy on steroids? I
5 guess he never admitted to you about his philosophy on steroids that we've heard so much about here?

THE WITNESS: No, but Charlie and I roomed together on a number of occasions for, I don't know, in excess of two weeks in '84 in Los Angeles, at a number of
10 national coaches' conferences, at the CAC Conference at Mount St. Marie for a couple of times, various things, and the use of drugs in sport came up in conversation many times.

THE COMMISSIONER: With Mr. Francis and
15 yourself?

THE WITNESS: Yes.

THE COMMISSIONER: And did you know his theory?

THE WITNESS: Yes, I was quite -- I'm
20 really familiar. It's difficult to -- you know, just as it's difficult to talk to me and not know after a while what I believe about because give a chance I'll talk about it, Charlie too spoke powerfully about the things he believed in, and he didn't -- he never said anything like,
25 I mean, I can tell you this clearly that I believe that we

have to use drugs, but he said things like consistently, you can't get to this level without them, everybody's using them, it's ridiculous that Sport Canada is trying to test so much and sometimes he would get on a role, as we
5 all can, and would talk for some time about that topic.

He and I have had those kinds of conversations a number of times, and when you're rooming with somebody, there isn't a whole lot of point in fighting or arguing. So he knows my position, I knew his
10 and so when it was his turn to talk, he could talk about it, and when it was my turn to talk, I talked about the things I believed in.

THE COMMISSIONER: Mr. Gowan testified earlier in these proceedings, and I think he said that a
15 coach would watch very carefully and other coaches would watch the development of the athletes physically and performance-wise. I think you said that yourself.

THE WITNESS: Yes.

THE COMMISSIONER: And I think you said you
20 have watched the change of body development and a rather dramatic increase of performance?

THE WITNESS: Yes.

THE COMMISSIONER: Now at the meeting that you had with the CTFA, I think you said Mr. Mach was
25 there, Gerrard Mach.

THE WITNESS: Yes.

THE COMMISSIONER: He is a very experienced coach, and you told him, I think probably in more specific language than you spoke to us today, about what your
5 concern was. You must have put it right on the table and said you were satisfied that the Mazda group was on steroids?

THE WITNESS: I think we got pretty specific.

10 THE COMMISSIONER: All right. And wouldn't you put to Mr. Mach, well, you're the head coach in this country. Can't you see for yourself what's going on just by observing what coaches can see, the dramatic change in bodily development and dramatic increased performance?

15 THE WITNESS: Yes, we did and we were -- the reply was one of those things that led to some of the increased volume and other things that went on in the room because the reply suggested that, you know, there were many new developments in sports science and particularly
20 in strength training programs and techniques and that possibly we were jumping to conclusions when really we should be paying more attention and learning more about --

THE COMMISSIONER: But you knew of all these facilities too. You're up-to-date. You have got
25 good sprint coaches, you're telling me, with you?

THE WITNESS: Well, yes, we believe we are up-to-date and we seem to be getting pretty not bad results with what we do and we seem to be able to read the literature and talk to coaches from other countries or
5 from our own country, and I don't think that's -- it may sound arrogant, but that's not intended.

I think what we're being is professional, so that was an offensive kind of answer to suggest that there was some special thing going on that in a matter of months
10 would literally change someone's morphology, but that was the reply we got.

THE COMMISSIONER: I think you said earlier that the relationship of the coach and the athlete, the athlete knows better than the coach the response he is
15 having to his performance.

THE WITNESS: Well, in the sense that --

THE COMMISSIONER: What's doing me good and what's not doing me good?

THE WITNESS: Yes, after a while keeping a good journal and those kinds of things, but on a
20 day-to-day basis when the athlete comes back to the track, the athlete is more aware than the coach the degree of fatigue or the recovery from yesterday's workout.

THE COMMISSIONER: And I gather because
25 it's so important, athletes are more conscious of their

health and their intake than most other people?

THE WITNESS: Well, it certainly is hoped that they would be, and if they're going to be really good, they have to be.

5 THE COMMISSIONER: Well, isn't that your experience, though, that they are very concerned about health and nutrition and diet and all the matters which are supposed to increase your performance?

10 THE WITNESS: Generally speaking, but you threw -- that nutrition one you threw in there sometimes is a sticky point with --

THE COMMISSIONER: Well, I'm concerned about whether an athlete knowing that his whole current career is dependent on health would be very
15 health-conscious, I would have thought, but I could be wrong.

THE WITNESS: I hesitate because yes, that's true but that really becomes a difficult -- with any athlete, that becomes one of the difficult educational
20 issues, is to help them understand that the important issue in training is literally not the training one does but what training sets the body up to do and that is to recover, and the recovery aspect of --

THE COMMISSIONER: We have heard that
25 anabolic steroids are very significant in the recovery

factor of training.

THE WITNESS: Absolutely.

THE COMMISSIONER: Now you mentioned
earlier about the importance of coaching, and Mr. Futerman
5 has recognized this as the coaches' year. What is your
subcommittee doing? You represent the coaches on the
subcommittee on the drug anti-doping committee of the
Sports Medicine Council of Canada. Are you looking at
sort of random testing or without notice? What are you
10 doing? Just a query. I'm not being critical.

THE WITNESS: Well it's okay to be critical
too.

THE COMMISSIONER: Well, not yet.

THE WITNESS: One of the things that's
15 being done is really pushing right now for no-notice
testing and have -- we have joined forces, if you will,
with the Fair Play Commission to begin a serious
educational program because in the end, education is the
only thing that's going to be really effective, and I say
20 that, recognizing that it's always a matter of degree.

No one is naive enough to believe that you
ever achieved 100% effectiveness in getting everyone to
recognize both the immorality and the health dangers in
using banned substances in sport, but that those are the
25 things we are doing. One, trying to set up a better

situation for testing and to do more in the area of education.

THE COMMISSIONER: All right. Thank you very much, Mr. Higgins, for your assistance. Thank you.
5 Miss Chown?

MS. CHOWN: Yes, thank you, Mr. Commissioner. Our next witness is Mr. Bruce Pirnie and he is present in the hearing room and ready to be sworn in.

10 WARREN BRUCE PIRNIE III, Sworn.

THE COMMISSIONER: How tall are you?

THE WITNESS: 6'7", sir. Actually I lied. I'm 198 centimetres.

15 THE COMMISSIONER: Miss Chown?

EXAMINATION BY MS. CHOWN:

Q. Yes, thank you, Mr. Commissioner.

Mr. Pirnie, starting with some other
20 personal information about you. Apart from your height, I understand that you were born in Boston on September 20th, 1942?

A. That's correct.

Q. That you have completed both your high
25 school education and your college education in the United

States?

A. That's correct.

Q. You attended high school in Vermont,
graduating with a grade 12 in 1960?

5 A. That's right.

Q. You then went to a college called
Yankton College?

A. That's right, in South Dakota.

10 Q. And there took courses and obtained a
Bachelor of Arts degree?

A. That's correct.

Q. That was in 1965?

A. Late 1964.

15 Q. And following the obtaining of your
Bachelor --

THE COMMISSIONER: What university was
that?

THE WITNESS: It's called Yankton College.

THE COMMISSIONER: Where?

20 THE WITNESS: In South Dakota.

THE COMMISSIONER: Thank you very much.

THE WITNESS: It doesn't exist anymore.

MS. CHOWN:

25 Q. Sadness at your departure?

A. That was it.

Q. And following obtaining your bachelor's degree, I understand you went on to do a year of graduate study at South Dakota State University between 1965 and '66?

A. That's correct.

Q. And what were you studying there?

A. That was a Masters in Physical Education.

Q. Okay. And at that point I understand you saw the light and decided that you would emigrate to Canada?

A. Shortly thereafter, yes, that's correct.

Q. And in fact you came to Canada coming first of all to Winnipeg in 1966?

A. That's right. I had been in Canada two summers previously coaching with the Royal Canadian Legion Program at the International Peace Garden and that's where I made my contacts in Canada.

THE COMMISSIONER: At the international -- I'm sorry?

THE WITNESS: At the International Peace Garden.

THE COMMISSIONER: What was that?

THE WITNESS: It's on the border between North Dakota and Manitoba.

THE COMMISSIONER: All right, thank you.

5 MS. CHOWN:

Q. I want to review with you the various jobs that you have held in Canada since coming here in 1966. You started out, as I indicated, in Winnipeg when you first came to Canada and you were a physical education teacher at Goldengate Junior High in Winnipeg?

10

A. That's correct.

Q. And I understand as well as your duties as a phys. ed. teacher, you also coached track and football?

15 A. I didn't coach football there. It was a junior high, but I coached many of the other school sports there.

Q. And following that, between 1969 and '71, you were teaching at St. Thomas College, which I understand is a high school, boy's high school?

20

A. That's correct.

Q. In North Battleford, Saskatchewan?

A. That's right. We have a missing link where the football came in. I was also at Grant Park High School for a year in Winnipeg prior to moving there and I

25

coached the varsity football team there and that's where the football came in.

Q. And following your couple of years at St. Thomas College, you then went to the University of Saskatchewan at Saskatoon, first as a graduate assistant and then as a track coach?

A. I was there as a graduate assistant and my duties were to assist in the track and field program and to work as an athletic trainer, which I did.

Q. Following that, between 1972 and '73, you remained in Saskatoon and worked as a youth services director?

A. That's correct, for Saskatoon Youth Services.

Q. Between 1973 and '78, you were once again back in Winnipeg, and you worked as a physical education supervisor and teacher at Nelson McIntyre Collegiate Institute?

A. That's correct. My duties were between Nelson McIntyre and the Norwood School Division which were adjacent.

Q. Is the Norwood School Division a --

A. It's the division of which Nelson McIntyre is a high school, a part of it.

Q. A school board within the Winnipeg

area?

A. That's right.

Q. Then another move. In 1978 you moved to Montreal?

5 A. That's right.

Q. And you were an apprentice coach with Theo Ionesco?

10 A. That's correct. We've actually lived in St. Bruno which is on the south shore, but trained and coached in Montreal at the Claude Roubillard Centre.

Q. And we heard of that being a centre that was set up to deal with throwing and weightlifting?

15 A. Yes, it was one of the facilities that was built for the Olympic Games in 1976 and is actually a City of Montreal training centre that has many facets.

Q. Between 19 --

THE COMMISSIONER: That's where the weightlifters I think are centred?

THE WITNESS: That's correct.

20

MS. CHOWN:

Q. Between 1979 and 1984, you were again in Winnipeg and once again working in the Norwood School Division as a teacher?

25 A. That's correct.

Q. And between 1984 up to and including the present, you have been associated with the University of Manitoba as an assistant coach and as well hold the position of assistant to the athletic director there?

5 A. That's correct.

THE COMMISSIONER: This is a coach in what? What specialty, Mr. Pirnie?

THE WITNESS: Throwing.

10 THE COMMISSIONER: And assistant to the athletic director?

THE WITNESS: That's correct. That is not to be included as assistant to the athletic director. It's sort of a broad --

15 THE COMMISSIONER: Assistant athletic director?

THE WITNESS: No, I'm not assistant athletic director, I'm just an assistant to him.

THE COMMISSIONER: Well I'll put the "to" in right here.

20 THE WITNESS: We get hung up on titles over at our place.

MS. CHOWN:

25 Q. And, in fact, at the University of Manitoba, there is what you refer to as a national

training centre?

A. That's right.

Q. Is that similar to what we have heard described by other witnesses as a high-performance centre?

5 A. That's correct. We don't like to term high-performance centres particularly because we feel that there is a much broader scope than that, but it is funded. The Toronto centre, as the York Centre, are funded also as high-performance centres.

10 Q. And what is the particular focus of the national training centre at the University of Manitoba?

15 A. It has changed several times since its conception. I was not there to start with. It started out as a middle distance centre and then went through and became a national sprint and hurdle centre and now is broadened; although we have a very strong sprint and throwing area, but we have a large number of national team distance and middle distance runners as well. So it's basically a training centre without a specific --

20 Q. Without a single focus?

A. That's correct.

Q. You have indicated that it was established before you arrived there in 1984?

25 A. Before I was there. I believe it started in 1980, but I'm not sure.

Q. And the various changes that you have described, that is, having originally a focus on the middle distance runners and then switching to sprint and hurdlers, had those changes taken place before your arrival?

A. When I began working there in 1984, we had just made the change and it was basically a sprint and hurdle centre, and the provincial association and the university asked me to come in and establish a throwing group with the idea that this group would develop to the point where it would be considered for national event group and high-performance status.

Q. And we are going to come in a few minutes to --

THE COMMISSIONER: You speak of throwing group. What specialties are those?

THE WITNESS: Shot, discus, hammer and javelin.

THE COMMISSIONER: All four of them?

THE WITNESS: That's correct.

MS. CHOWN:

Q. We are going to hear from you in some detail your own involvement, particularly with the shot, as a competitive athlete, but if we might stay with the

centre for a moment, would you please describe your particular role in the centre as it relates to throwing?

5 A. Well, I'm in a very fortunate position because I have the overall responsibility for the development of throwing not only at the centre but in the province, but as part of that, we have two additional coaches that have been -- one who has been with me since the start and another one who was one of my former students that we recruited who are volunteer assistant
10 coaches but are basically there everyday or five or six days a week.

THE COMMISSIONER: As volunteers?

THE WITNESS: As volunteers.

15 MS. CHOWN: Who are they, please?

 A. Al Wirth and Don Dewar. Don Dewar has been with me since the beginning. He is a national hammer coordinator in his own right. Al Wirth holds his Masters in biomechanics from Washington State and I coached him
20 when he was in high school, and he did his in hammer throwing, but he is working more with the developmental group and is our Canada Games head coach.

 Along with those two individuals, we have had several others that have come and gone and assisted.
25 Melody Torcolacci, who is one of our top female

shot-putters, assisted me as a strength coordinator, one of the strongest women certainly in North America, and she is now the head coach at Queens University. At the present time, two of my throwers are acting as apprentice coaches and they are Lorne Hilton who is the number two ranked shot-putter in the country, and Darren MacPhee who is the three-time national hammer champion.

THE COMMISSIONER: Where are they now?

THE WITNESS: They are in Winnipeg and they are both assisting as apprentice coaches.

THE COMMISSIONER: With you?

THE WITNESS: With myself.

THE COMMISSIONER: And working up there as well, I guess?

THE WITNESS: That's correct.

MS. CHOWN:

Q. And they continue to compete on a national basis?

A. They continue to compete, yes, on an international basis with the national team.

Q. And I understand you are assisted as well by two strength consultants?

A. The provincial weightlifting association has a training centre which is in our

university as well, and we have been fortunate over the years to be able to utilize their equipment and their expertise. The current coach in that group is a Polish weightlifter named in Mirosław Korchinski and he is
5 advising a number of my athletes. As well another weightlifter, former weightlifter who is quite well-known for various reasons, Mr. Terry Hadlow, is also in Winnipeg and Terry has assisted myself in teaching techniques and also advises a couple of my athletes.

10 Q. I understand your own particular position is one that is described as a shared coach?

A. That's correct.

Q. Can you tell me what that means,
please?

15 A. That means that the university and the CTFA are in partnership. The university is my major funder, but the CTFA does provide a portion of my salary.

THE COMMISSIONER: Very much like the last witness Mr. Higgins. He has the same relationship at the
20 University of Toronto. He is a shared coach too?

THE WITNESS: That's correct. I wasn't familiar exactly with what Andy's situation was.

THE COMMISSIONER: So we have gone through that.

25

MS. CHOWN:

Q. And can you tell me the number of athletes that are involved in throwing events that you have at your centre?

5 A. The number varies greatly during the times of year, et cetera. We have what we call our elite group, which are eight athletes that are on various national teams. A group below that that would probably depend on the time of the year of senior athletes and
10 outstanding junior athletes, that might be up to another dozen, and then from various groups, particularly Don Dewar's developmental group and Al's developmental group, we might have another 20 or 25 that come in and use our facilities.

15 THE COMMISSIONER: So you are close to 50 then, aren't you?

THE WITNESS: That's correct, and that varies from year to year as athletes come and go.

20 MS. CHOWN:

Q. And you had mentioned earlier that two of your elite athletes, Mr. Hilton and Mr. McFee, were, in fact, assisting you as apprentice coaches and Mr. Hilton's event is the shot and Mr. McFee's event is the hammer?

25 A. That's correct.

Q. And as well in the elite group, the top performing athletes that you have, you have Kevin Palmer, who I understand was CIAU national shot champion?

A. That's correct.

5 Q. And the athlete of the year at the University of Manitoba?

A. That's right.

Q. You also have Theresa Brick who was the national hammer champion. Is that in 1988?

10 A. '88 and '87 as the national record holder.

Q. And she is also on the Canadian weightlifting team?

15 A. That's correct. I believe she was 7th in the world weightlifting championships. As well she represented Canada in the discus in Italy this year with the senior team.

Q. Mike Brennan?

A. That's correct.

20 Q. He was fourth in the javelin in the 1988 senior championships. He also participated on the Commonwealth team in 1986?

A. That's right, and has represented Canada in three world student games.

25 Q. Suzanne Dandeneault? I have pronounced

that correct?

A. That's correct.

Q. She's the national junior shot
champion, presently attending the University of
Washington?

A. That's right. Sue has been on the
national junior team at that level for about three years,
and has qualified distance wise to compete at the Pan Am
Juniors this year also.

Q. And two other athletes that fit in that
top group, Jackie Reid who is on the provincial team in
hammer and placed eight in the nationals in 1988?

A. That's right.

Q. And Dave Stackiw?

A. Stackiw.

Q. A former discus champion who placed
eighth in the national seniors?

A. That's right.

THE COMMISSIONER: You've had a fair amount
of success?

THE WITNESS: We have been very fortunate,
yes, sir. There are several athletes at the present time
that are working in Saskatchewan that were also part of
this elite group, and some of our athletes - as Melody has
retired and is now coaching. So we have had some good

successes.

MS. CHOWN:

5 Q. And would you briefly touch on what facilities you have available at the national training centre for throws both indoors and outdoors?

10 A. We have been very fortunate. We train indoors at the Max Bell Centre, which is a 200 metre track. The university has allowed us to have our own weight training area right adjacent to the track, and Alex Gardiner who's our head coach and I have been able to get enough equipment so that we have three lifting platforms and six Olympic bars which won't mean anything to a lot of people, but it's very good equipment and it's very useful.

15 We also have throwing nets in the area and as well a portion of the infield which we normally can throw on at any time. Unlike many of the places in Canada, the training areas, it means basically our athletes can train whenever they wish to.

20 THE COMMISSIONER: Where do they come from? Are they all university types?

25 THE WITNESS: No, sir. Many of them are and that's where we hope we'll attract a lot of them, but, for example, Darren McFee, a hammer person, is an engineering graduate and is a computer expert. Melody

Torcolacci was a graduate student, Mike Brennan is now a graduate student, Lorne Hilton graduated and is now working for the university.

5 THE COMMISSIONER: So they come through the university program I guess?

10 THE WITNESS: Some of them have. Mike Brennan came to us from Iowa. Actually he is from Ontario, but he went to the University of Kentucky and then the University of Iowa where he graduated and now came to Manitoba. So we have attracted several athletes from out of town and out of province, but right now our main focus is to develop our own athletes.

MS. CHOWN:

15 Q. And Mr. Pirnie, I would like to turn now to your own career as a competitor in the shot and go back to your first involvement with that activity which I understood took place in your last year of high school?

A. That's right.

20 Q. And you were also playing football for your high school as well?

A. That's right. I didn't compete in organized sport in high school until my grade 12 year.

25 Q. You then went on to Yankton College, as we've heard, and I understood that not only did you play

football and basketball, but you also participated in the shot as well?

A. Shot and discus both.

5 Q. And you competed for your college, and I gather it's a small college so it competes with colleges of similar size in that tier?

A. That's correct. It was an NEI school similar to Simon Fraser University out in British Columbia.

10 Q. You told me in fact that during your college years, you were better known as a football player than a shot-putter?

A. That's correct.

15 Q. And when you went on to graduate school between 1965 and '66, you were a coach at that time, and therefore I understand you were not eligible to compete as an athlete for the school in university meets, but you did participate in some open meets?

20 A. That's correct. In the United States you're allowed four years of eligibility and that's it. In Canada you're allowed five years, so sometimes graduate students are able to compete in Canada, but it's very rare in the United States. I was a graduate assistant at South Dakota State responsible for their throwers and so I
25 worked out on my own and threw in a couple of open meets

whenever I had the opportunity.

Q. And then when you came to Canada in 1966, you then started to participate, and can you just outline for us what difficulties, if any, you have before you are a Canadian citizen with respect to competition in this country?

A. Well, I was very fortunate to come to Winnipeg and to meet with a man named Jim Daly who is responsible for the development of a lot of athletes up there, so I was able to immediately begin to compete. Jim made it possible for me to travel to the Commonwealth trials and the national championships which were held that year, and that was my first competition. I had to pay my own way because I had just arrived, but I began. I registered with track and field at the time, Manitoba Track and Field Association and began competing. I competed -- I was fourth --

Q. In fact, just referring to that Commonwealth Games trials in 1966, you placed fourth in the shot?

A. That's right. The depth in Canada in the shot has never been very great, so it was a really good situation for me to be able to come right in and be competitive, and that certainly fuelled the fire in terms of competing. And I went on then in 1967. We hosted the

Pan American Games in Winnipeg and I was fortunate enough to be able to work at the games, and I got my first real taste of international competition and got to meet some outstanding throwers, and that really was the time, I
5 guess, that I really decided that I wanted to concentrate or focus my attention on throwing.

THE COMMISSIONER: On the discus or --

THE WITNESS: No, in the shot. Up till
10 that point when I first came to Canada, I also played football for the St. Vatel Bulldogs, which was a senior team, and I played senior men's basketball, but after the Pan American Games, I began to realize that I wanted to be more focused in my own career.

THE COMMISSIONER: Okay.

15 MS. CHOWN:

Q. In fact, I understand that you
continued to play football up through 1968, and it was
sometime in 1968 that you made this decision that you
20 would not pursue a football career and concentrate on the shot?

A. That finalized it. We won the Canadian
championship at that time, and I realized that I wasn't
going to go any place as a football player or didn't wish
25 to. I went to a couple of professional camps and I would

have had to have given up at that time my amateur standing and I was third. I was ranked third in the country at that time, and I felt that that -- the decision was made that I wouldn't pursue the football but would concentrate on track.

Q. And that was the year, in fact, in 1968 that you placed third in the shot in the Olympic trials that were held in Toronto?

A. That's correct.

Q. Now at some point in there, and it's become a bit unclear in your memory, you became the western Canadian champion in the shot, and I understand you held that honour for a number of years?

A. That's right. I have no recollection of when that started.

Q. And then in 1969, we have heard earlier that you moved from Winnipeg to North Battleford, Saskatchewan, and I understand part of the impetus for that move was to train with Gabor Simonyi?

A. That's right. Gabor Simonyi was a Hungarian coach who had fled the country with his family, had been a national coach in Iceland and had - I don't know why - picked North Battleford, Saskatchewan, as the place that he was going to emigrate to, and I had met Gabor the previous summer and was very impressed with him

and he with me, so at that point in time I decided that I was going to be a thrower and I needed some help, some excellent coaching so I move there.

Q. Had you been associated with a particular coach before moving to work with Mr. Simonyi?

A. No, basically I coached myself.

Q. And following your association with him, I understand you went on in 1970 to participate in the Commonwealth trials, which were held in Hamilton that year, placing second?

A. Yes, to Dave Steen who was the Commonwealth champion. That's our decathlete Dave's uncle.

Q. His Uncle is Dave Steen Senior. And that, as you recall, was one of the last competitions that Mr. Steen competed in?

A. We threw against each other in a series of meets against -- or with each other, actually, in a series of meets against Sweden and Norway which were held in Canada that year, and that was the last time that Dave and I competed at the same time. He retired after winning the Commonwealth in 1970.

Q. In 1970 for the first time, you made the national team in Canada in the shot, and am I correct in understanding you were a landed immigrant at that point

but not a Canadian citizen?

A. That's right.

Q. You went on in 1970 and '71 to participate in various meets again in the shot and in
5 1972, you became a Canadian citizen?

A. That's right, in June of 1972.

Q. And that was of course the year of the Olympic Games in Munich, and I understand that you were on the team that was sent to Munich to represent Canada?

10 A. That's correct.

Q. And participated in the shot and placed 17th, but can you give us a bit of information to put that placing in perspective?

A. I think this is very important, in
15 having listened to Mr. Higgins' testimony earlier. My whole personal goal in making the Canadian team and representing Canada at that time was to get through the qualifying rounds, to prove that I belonged in the Olympic Games.

20 In the throws and in many other events you have to perform, you have to compete, either throw or jump or whatever. The Olympic standard the day prior to the main competition, and I believe there were 37 athletes that were entered in the shot in the Munich Olympics, and
25 at the time we had to compete at 10:30 the morning before,

and all my preparation was aimed specifically at competing at 10:30 in the morning and being ready. I was the first athlete to qualify and I was all set. I was just high on a kite and was really rolling.

5 After the first round was over - normally you have three rounds in the Olympics, qualifying rounds - and so I was all set. I thought I was going to throw just out of my mind and they said thank you, Mr. Pirnie, you have qualified and took me off the field. So I achieved
10 all my goals --

THE COMMISSIONER: On the first shot.

THE WITNESS: On the first throw I believe. I threw 19.18, and the standard was 19 metres and I achieved that and they said, okay, thank you, Mr. Pirnie,
15 and off I went and it was just impossible for me to get up psychologically the next day. I had accomplished everything that I had set out to do, and it taught me a very important lesson, that your goals have got to be greater than -- you have to have goals and then additional
20 goals on top of that, but I wasn't prepared for that. I was prepared to go out and give it everything I had so I could qualify.

MS. CHOWN:

25 Q. And we've heard that with the first

Olympic Games that you had participated in, and you were relatively new to competing on the international level?

5 A. That was the first meet that I -- the first Olympics or major games that I had ever competed in, yes. I was in my, I believe, late twenties at the time.

Q. And following the 1972 Olympics, you continued to compete in 1973 both at the Pacific Conference Games and in a meet between Canada and the USSR placing second, the silver medalist in the Pacific
10 Conference Games and fourth in the Canada versus USSR meet?

A. That's right.

Q. In 1974, you participated in the Commonwealth Games which were held in New Zealand that
15 year placing third?

A. That's correct.

Q. And you also --

THE COMMISSIONER: You say third?

THE WITNESS: Third, yes, sir.

20 MS. CHOWN:
Q. You also participated that year in a meet against France in which you were the first place finisher?

25 A. That's right.

Q. In 1975, that was the year of the Pan American Games in Mexico, and you participated there placing first in the shot throwing 19.28 metres?

A. That's right.

5 Q. 1976 was the year of the Montreal Olympics and you were there but did not qualify?

A. That's correct. I was injured. I did throw in the qualifying rounds. In fact, finished with a higher finish than I had in Munich because the field was much smaller, but in fact I was there but I wasn't, if you
10 understand what I am saying.

Q. And following the Olympics in 1977, as we will hear a bit more detail later, you did not compete?

A. That's right.

15 Q. In 1978 you did some competition domestically?

A. That's correct, but I didn't make the Commonwealth team.

20 Q. And in 1979, you did compete again in a meet against the USSR?

A. That's right, I threw the 35 pound weight against the Russians in Montreal and that was my last sort of kick at the cat and I retired immediately after that wondering why I had thrown a 35 pound weight at
25 all.

THE COMMISSIONER: In '79?

THE WITNESS: That was in 1979, yes, sir.

MS. CHOWN:

5 Q. And I understand, to be fair to you,
that you had over the past couple of years been
experiencing recurring injuries, both to your knees and
your back, and those injuries persisted and were a factor
in your decision to stop competing in '79?

10 A. My back gave out in 1979, and I had had
physical problems basically throughout my career stemming
from my university days as a football player, and so that
was true. Finally my back just gave out and I just got
tired of getting to a certain level and then having it
15 quit on me.

Q. And following that, as we have heard
earlier, of course you then pursued a career in the
coaching field with some time off involved in the teaching
area as well?

20

25

A. That's right.

Q. Mr. Pirnie, I would like now to turn with you to the topic of steroids.

THE COMMISSIONER: I think this will
5 probably be a good time to break for lunch.

MS. CHOWN: Yes, Mr. Commissioner.

THE COMMISSIONER: Two-thirty.

--- Luncheon recess.

10 --- Upon resuming.

THE COMMISSIONER: Mr. Armstrong.

MR. ARMSTRONG: Yes, Mr. Commissioner, if I
could just take a moment. It came to my attention just at
15 the very end of Mr. Higgins' evidence that I am sure
inadvertently he had said that he had been upset by a
headline that appeared in the Globe and Mail during the
course of the evidence of Mr. Francis which said "Can't
Win Without Drugs" and it's been brought to my attention
20 that indeed the headline on Thursday, March 2, 1989, read
"Can't Win Without Drugs Francis Says".

THE COMMISSIONER: Thank you.

MR. ARMSTRONG: I am sure Mr. Higgins would
want me to make that correction for him and so I have done
25 so.

THE COMMISSIONER: Thank you. Ms. Chown.

MS. CHOWN: Yes, thank you, Mr.

Commissioner.

5 MS. CHOWN:

Q. Mr. Pirnie, just before the luncheon
break we had moved to the topic of steroids. And I wanted
to start off by asking you when you first of all had any
exposure to information about the use of steroids in your
10 particular event of throwing, and, in particular, the
shot?

A. My first initiation to anabolic
steroids came when I was in North Battleford,
Saskatchewan.

15 Q. That was in 1970 you first moved there?

A. That was in late '69, '70. My coach,
Gabor, a world renowned throwing coach. And we had a
number of athletes from both the west coast of the United
States and the east coast who would come up and train with
20 us. And so in discussions with a number of these
athletes, this is my first sort of initiation at all even
to the topic of anabolics.

Q. Did these athletes provide you with
information about their own use of anabolic steroids?

25 A. Not really because it was -- they -- it

was somewhat secretive at that time. They did talk about it in general terms. I can't recall anything specific when you know, where somebody would have said, well, I am taking this for this dosage, et cetera. Not at this time, anyway.

Q. Well, there was some general discussion about performance enhancing qualities of these drugs, was there?

A. That's correct.

Q. And as a result of that initial information you received from those discussions, did you yourself take any steps to obtain further information?

A. Well, you understand that North Battleford is not exactly the center of learning in Canada, but

THE COMMISSIONER: You mean about steroids.

THE WITNESS: Yes, certainly.

THE COMMISSIONER: There is a lot of learning in Saskatchewan, you know.

THE WITNESS: Well, I know, I spent four years there.

But at the time, I did, through the publications that I was able to get, try to read up on it as much as I could. There was not a great deal of information at that time. There had been several studies

that had been done, but it was very, very preliminary.

And most of the information that was coming down on things like anabolics was by word of mouth. And I hadn't heard anything on the Canadian scene at all.

5 Q. Now, the following summer, that is 1971, I understand that your coach, Gabor, went to be a guest coach at a U.S. Olympic development camp that was held at Dartmouth College in New Hampshire. And you accompanied him on that because it was close to your home
10 town of Boston?

A. That's right. Actually, my folks were living in Springfield, Vermont at the time, which is where I went to high school, and that's only a half hour drive from Hanover. And so Gabor was brought down as a
15 throwing coach, as the sort of guest coach for camp. So, I get -- had the great opportunity of training with a large number of U.S. athletes and not only trained, but we had them over to the house and things like that.

So, there was some discussion at that time
20 regarding anabolics. And, again, I don't recall specifics at all, but certainly by that time whenever throwers were getting together, there was discussion at one stage or the other.

THE COMMISSIONER: When you speak of
25 throwers, in all specialities or just the shot?

THE WITNESS: That training camp had all athletes there. And there were people from --

THE COMMISSIONER: From the four --

THE WITNESS: -- from the four areas. This
5 was strictly a male camp.

THE COMMISSIONER: All right.

MS. CHOWN:

Q. We have heard in your earlier testimony
10 that you were competing throughout this period. Did you have an opportunity, and did you in fact discuss steroids with other athletes at meets?

A. There was some -- there was some discussion, but it was particularly on the indoor circuit.
15 There used to be a number of very good indoor meets, the numbers -- in Canada, the numbers have now dropped off somewhat, but there were several opportunities where invitational shot events were held. And so a number of people from the United States, for example, were there and
20 there was some discussions, yes.

Q. Were you able in the early 1970's to form any impression about the extent of steroid use, first of all in throwing events, in general, focussing on hammer, shot, and discuss. And secondly, in your own
25 event of the shot?

A. At the time, in looking back, it seemed that it was -- probably at the level that we are talking about, fairly widespread. And that's -- and specifically the people that I threw against in the shot. I am trying to think whether there was an exception and there may have been, but generally indicated that they were taking anabolic steroids.

Q. You have told me earlier that in looking back over the history of shot for men, in the late sixties and early seventies, there were some particularly impressive gains made in performance during that period.

A. That's correct. I know that Charlie Francis talked a great deal about performance curves and developments of world records and things. In the throwing events, in the heavy throwing events, particularly in North America, we see a real jump say from 1964 through 1972 in the improvement in the depth and the distance in the shot. I can't quote you statistics, but certainly there were people throwing well over 70 feet. Randy Matson was over 70 feet with the world record, which is very early. That was in 1968-'69. And so Al Feurbach was the world indoor record holder and he was throwing up in the high sixties and George Woods, these were all very well-known names in the period, but there were a lot of supporting casts behind them. And when we get to -- by

the time 1972 came around, as I indicated, the standard was 19 meters, which is 62.4. And there were 18 athletes that qualified.

5 THE COMMISSIONER: When you say standard, that will be the base upon which you have to throw to qualify; is that right?

THE WITNESS: That's correct, sir.

THE COMMISSIONER: All right.

10 THE WITNESS: So, at that point, in fact, to the old throwers, that's still considered to be kind of a golden age of spot-putting, in that period of time, because that's when things seemed to really take off. And we also found the East Germans all of a sudden making the big breakthrough around -- between 1968 and 1972.

15 Q. I take it during that period there were no particular changes either in the shot itself or the field in which the shot is thrown?

A. No, they were none.

20 Q. Did you and other throwers come to any conclusion as to what may have caused these impressive gains in performance, contributed to it?

25 A. Well, I don't think there was any question in our mind that anabolics played a part in this. There were not any, to my knowledge, any great changes in training or technique at the time. In 1972, we found the

first spinner, the rotational thrower, in the shot at the Olympic games, Alexander Baryshnikov from the Soviet Union, but that hadn't even really taken effect yet.

THE COMMISSIONER: Was that a new
5 technique?

THE WITNESS: That was at the time, yes,
sir.

MS. CHOWN:

10 Q. Were there similar breakthroughs in performance for shot for women, and if so, when did they occur?

A. There were not at that time. There have been, particularly in North America, in the mid to
15 late seventies and eighties, we have watched women's throwing just take off. I am speaking primarily of the United States. And I think that I personally, and I have to use that term, believe very strongly that we see the American record in the shot has just increased
20 dramatically over in the eighties. And I think that we have to look very carefully at why that would occur. I don't believe there have been any new training techniques or technical improvements. And so I firmly believe that this is a similar situation to what had happened in the
25 men's throwing back in the sixties and early seventies.

Q. I think I had asked you earlier and you had answered me that you felt that the extent of steroid use in the throwing events in the early seventies, as far as men were concerned, was fairly widespread, if I have your words.

A. That's correct.

Q. What is your impression if any of the extent of steroid use among male throwers today, currently?

A. I have said often that I don't believe that there are any throwers that have thrown 20 meters clean. That's my own personal opinion, based on my own experience.

THE COMMISSIONER: What's the current record?

THE WITNESS: I couldn't tell you in terms of meters. It's Randy Barnes, we are talking about 73, in the 73 feet record. So, we are talking 23 meters.

MS. CHOWN:

Q. Now, coming back then to the early seventies, Mr. Pirnie, I understand in late 1971, you yourself for the first time embarked on a steroid program?

A. That's correct.

Q. "Program" may be a bit too fancy a word

to describe what you went on, but can you tell me first of all what went in to your decision in late 1971 to begin taking steroids?

5 A. In late 1971, excuse me, in the fall of '71, my wife and I moved to Saskatoon to train at the university. It said on the paper that I was -- I had moved to pursue my academic career, and that lasted about six weeks.

 THE COMMISSIONER: Right.

10 THE WITNESS: And when I realized that that really wasn't what I was there for at all, I was there to prepare for the 1972 Olympic Games.

 And in looking at that preparation and what we were, you know, it seemed very logical to me at that
15 time, in fact it really wasn't a major -- I didn't lose any sleep over it, let's put it that way, in decision that I should investigate personally the use of anabolic steroids.

 Q. And I understand that in fact you
20 obtained a supply of Dianabol tablets. And without naming names, can you tell us in general terms the source of those tablets?

 A. Well, I had received a three-week supply from an American hammer thrower originally.

25 Q. Did you obtain any information from

that hammer thrower as to dosage and duration as far as taking these tablets?

A. At the time it was -- I am sure that we had discussed the fact that I was taking two tablets, which is 10 milligrams per day for three weeks. This is Dianabol.

THE COMMISSIONER: Right. Did your source tell you how to take them, like how much to take and so on?

THE WITNESS: I don't recall. I think that we must have discussed it at the time. It wasn't -- I think probably what happened is he said "Here is the three-week supply", and I counted the pills and it was two a day.

THE COMMISSIONER: Okay.

MS. CHOWN:

Q. Were you under a doctor's care at that time, Mr. Pirnie?

A. Not at that time; I was later.

Q. And I understand that in fact you did take the three-week supply, at two tablets a day?

A. That's correct.

Q. What effects, if any, did you notice after completing your cycle of tablets?

A. I think that after about a week my training really seemed to take off. I am not a weightroom athlete. I don't enjoy life in the weightroom. And so for me it was always a struggle. And at that point it seemed that my lifting was starting to come much easier. And I don't recall in terms of throwing, whether, you know, whether I was throwing any further, but I certainly -- certainly in the training portion of it, it was much more effective.

10 Q. Did you notice any weight gain?

A. I believe so, but I don't recall specifically at that time.

15 Q. And I understand after you completed that three-week cycle, you did not take any other steroids for the balance of 1971?

THE COMMISSIONER: 1972, I think.

THE WITNESS: No, '71, I didn't. Yes, I did take some in the --

20 MS. CHOWN:

Q. The late part of --

A. Late '72.

THE COMMISSIONER: All right.

25

MS. CHOWN:

Q. Then when had you moved to Saskatoon and as you have indicated to us you were preparing for the Munich Olympics in 1972, and did you decide to start
5 taking steroids again then in 1972?

A. I had a number of discussions with the team doctor with the University of Saskatchewan about this. And certainly I was the trainer for the university during that period of time as part of my graduate
10 assistanceship there.

So, I got to know him quite well. And we talked, and I was able to talk him into supplying me with -- with Dianabol. He was not very keen about it, but at that time I knew more about it than he did. And --

15 THE COMMISSIONER: So, he gave you a prescription, did he?

THE WITNESS: So, he gave me a prescription at that time and also monitored me in terms of blood pressure and stuff like that.

20 This attitude I think was quite common, if I may interject, at the time where the athletes really had a better handle on anabolics in terms of what information that was available than the doctors did. So, I was able to, you know, I can be fairly persuasive. I was able to
25 get a supply from him.

THE COMMISSIONER: When you mean persuasive, in a manner of speaking, not otherwise.

THE WITNESS: That's right, I did not stand up.

5

MS. CHOWN:

Q. Verbally speaking. As we have heard earlier, you did in fact go to compete at the 1972 Olympics. And when you returned from Munich, at that time, of course, there was no carding available, and I gather for the balance of 1972, you were not training?

10

A. That's correct.

15

Q. You were not competing. In fact, you suffered a rather severe letdown following the Olympics and your performance there?

20

A. Yes. I came back from Munich, number one, of course, we had the very, the disastrous incident there which really left us all devastated. And secondly, I came home to find out that my personal financial situation was in disarray. I couldn't get a job in the City of Saskatoon at the time. Teaching was very tight, nobody would higher me.

25

And so here I had come back having fulfilled all my goals for Munich, et cetera, and was sitting there with the fact that I didn't have a job. And so I ended

up, you know, scrambling around and I was fortunate enough to get a position as the Director of Saskatoon Youth Services, which was a street project funded under Non-Med, non-medical use of drugs director.

5 Q. Just going forward then into 1973, I understand in January of 1973, you received a telephone call from an official at the Canadian Track and Field Association inviting you to compete in a match on behalf of Canada to be held with the USSR in March of 1973?

10 A. That's correct. As I say, I hadn't done any real training at all. I may have done some light body building but as most Olympic athletes will tell you there is quite a letdown normally after the Olympic Games. And so I had all of a sudden about the middle of January I
15 get this phone call saying, congratulations, you have been selected to the Canadian team to throw against the Soviet Union. I think it was March 26th or something like that.

Q. So, you had a very short period to get into shape.

20 A. Almost an impossible situation. At that point, I went back to my doctor and said, listen, you know, I am in a jam here. You know, if I am going to throw -- and at that time there was not -- we didn't have any other shot-putters really at that level that we were
25 aware of. And so by this time he had done quite a bit of

reading and had brought up -- he was really did not want to supply me with another prescription, but did so because I was in, you know, in such a tight situation, but it really stretched our friendship. And he provided me with a prescription of them for 100 tablets.

Q. Of Dianabol?

A. Of Dianabol, which basically lasted me for quite a period of time.

THE COMMISSIONER: All right.

THE WITNESS: That was the last prescription that I received from him. And I ended up throwing against almost 18, I guess 18 meters against the Soviets and finished fourth, fourth out of four.

THE COMMISSIONER: That was in '73.

THE WITNESS: Yes, the winter of '73.

MS. CHOWN:

Q. Now, in the spring of '73, you moved back to Winnipeg.

THE COMMISSIONER: We are now in the winter of '73 when you had this tournament.

THE WITNESS: That's correct, that was in March.

MS. CHOWN: March.

THE WITNESS: March of 1973.

THE COMMISSIONER: All right.

MS. CHOWN:

5 Q. And it was shortly after that that you
returned to Winnipeg and I understand in view of the
continuing competitions that you were going to participate
in, you sought out a doctor in Winnipeg to obtain further
steroids?

10 A. That's correct. I don't recall whether
it was prior to the outdoor season in 1973 or not. I
suspect it may have been afterwards. That date isn't, you
know, isn't clear in my mind, but it may have been after,
you know, after the outdoor season. But regardless, once
we moved back to Winnipeg and I went to work with the
15 Norwood School Division, certainly I did seek out a
doctor. There were several doctors that were well-known
at that time as being sources of anabolic steroids, people
that you could go and talk to that, you know, the word was
out quite clearly. And so I did renew my supply, if you
20 will, at that time.

Q. Did that physician provide any
monitoring of you during the period you were taking the
steroids?

A. No.

25 Q. The prescription he provided you with

was Dianabol?

A. That's correct.

Q. And I understand that you returned to this particular physician on a relatively regular basis between 1973 and 1976 to obtain refills of the prescription of Dianabol when needed?

A. Several times, yes. I was a hoarder of pills. And so I -- because I was only taking three-week cycles of two tablets, I was able to stay away from the doctor, you know, on a fairly regular basis, but periodically I would have to go back.

Q. And I understand that it was during this period that you attempted a dosage that was higher than the 10 milligrams you had been taking to date?

A. That's correct.

Q. What did you take and what effect did it have?

A. It was Dianabol. And in talking with several athletes and I realized that the dosage I was taking was very low. And being a firm believer at the time that big is beautiful, and that I thought it would be rather interesting to see, you know, what an additional 10 milligrams would do. So, I tried to go up to 20.

At this time I was teaching school, and I found that the additional dosage made me very, very

irritable.

I had a great deal of difficulty sleeping, and I became quite concerned because at the time I was up to -- and I also put on weight. At the time I was up to about 315 pounds. And when you are teaching young people and you are as big as I was and as strong as I was, I was very much concerned that I might lose control at some time physically. And at that point, I didn't like myself very much. I didn't like what was happening to my personality, I was very uncomfortable with this.

And so I cut back, went back to 10 milligrams. I couldn't handle it or I didn't feel I could handle it and my lifestyle wouldn't allow it.

Q. I understand, as well, Mr. Pirnie, during this period again at some point that you are not entirely clear you did try Winstrol tablets?

A. That's right. And I have no recollection of where I received Winstrol, but I found it didn't seem to do me any good at all.

Q. Now, that's taken us to the end of 1976. We have heard earlier you were inactive with respect to the competition in training in 1977. So, if we could go forward then to 1978, I understand that you were planning to get ready for the Commonwealth Games which were held in 1978 in Edmonton, and that as part of your

preparation and training you resumed taking anabolic steroids?

5 A. That's right. At this point in time I felt that I had a very good handle on just how many weeks it would require me to get to a certain level. I thought I knew my body very well, et cetera, and I had it all very carefully planned out as to what I wanted to do.

10 Unfortunately we had a late spring that year and during this whole period I was coaching and teaching. And my high school track team was taking up a tremendous amount of time. I got behind in my preparation. And probably because of the weather in retrospect, and I was very concerned. So, I went back -- or at this point I needed another prescription. So, I
15 went back and I talked to Dr. -- I would rather not mention his name, but the doctor --

20

25

Q. The same doctor you've been dealing with?

A. The same doctor I'd been dealing with all along. And I mentioned to him the fact that a number of the people that I had talked in the business, throwers,
5 were using injections; I had never done so.

I don't recall our conversation in terms of, you know, what was said. I don't have -- other coaches have better memories than I do about things like that, but I did come away with a prescription for an injection which
10 I filled and came back and he administered and I was taking -- and I think it was Durabolin 50. It might have been Deca-Durabolin but I'm not sure. It was an injectable anyway.

And, I was taking this on top of 10 milligrams
15 of Dianabol that I had -- that was my normal dosage.

Q. That was the first time, as you've said to us, that you were taking both an injectable and a tablet?

A. That's correct.

Q. Did you notice any changes in yourself as
20 a result of stacking the two agents?

A. After about a week -- I had enough for two injections and they was supposed to be, I believe, about two weeks apart. After the first week, I
25 immediately -- well, I immediately had a very strong

positive reaction in terms of my training.

I became very, very aggressive, however, and that carried over into my training and I was really popping back very rapidly to where I wanted to be.

5 Two things happened. One, which was performance related in the fact that I threw -- I landed in an awkward position and was just so aggressive that I just drove up over the top of a throw and I hurt my good knee, or my better knee -- I don't have a good knee -- and
10 that set me back a week.

 And the second thing that happened was that in the middle of the night I woke up and my heart was just racing. It was just out of control and I got out of bed and I went and sat up in my reclining chair in the
15 living-room and sat up through a good part of the night. I thought I was -- I felt like, to me, all the symptoms of a heart attack. And -- but there was no pain. It was just my heart was racing out of control. So I sat there by the phone. And this happened to me twice.

20 At this point, I became -- the first time I didn't realize what had happened but after, you know, looking at it, it became very obvious to me that this was the result of this injection.

 As a result, I never took the second or never
25 went back and had a second injection. At that point, I

stopped it completely. Regardless of the fact because of my injuries, I missed the first trials. There were two trials for the Commonwealth at that time. I missed the first one.

5 The second one was held in Edmonton and I would have had to have finish second in order to be selected and I failed by a metre or I ended up third. So, I didn't compete in the Commonwealth in 1978.

10 Q. That fall, as we've heard earlier, you moved to St. Bruno, Quebec and you were working with an -- as an apprentice coach with a coach called Theo Ionesco. Can you tell me the purpose of working with Coach Ionesco?

15 A. This was part of the Coaching Association of Canada's apprentice program and it -- specifically the decision to go with Theo was that this gentleman was a former Romanian national coach. His wife, Carmen who became a Canadian citizen, was an Olympic discus thrower, a tremendous athlete, and it was felt that with the background that I had in North American throwing that it would be very useful for me to learn the European system of preparation.

20

25 The name Tudor Bompa has been used here a number of times, before the Commission, in talking about periodization and things of that nature. Well, they were doing this long before Tudor Bompa came to Canada and this

was the sort of thing that I was supposed to be learning from Theo. And, in fact, from the moment that we got there it became very apparent to me that this was a program which was far beyond anything that I had ever experienced or seen before.

Q. When you say far beyond what you had experienced, I understand it was a program that involved a great deal more work than you had been used to, you yourself, or in your coaching of others?

A. That's correct. The work loads and the lifting loads were staggering in comparison to what we're were used to and quite varied. One of my high school athletes came with me at the same time and because he wanted to take advantage of the situation with me coaching and so I decided that, along with him, that I would really go back in and try to experience this program for myself to see what, in effect, it had on myself and actually to see whether or not I could still throw back up at the -- the world level again.

Q. So you started, in fact, a training program then in the fall of 1978?

A. That's correct.

Q. And I understand that your response to it, having not trained in the months previous, was to find yourself in some difficulty in this program?

A. I've never worked so hard in my life and I was hurting from about the first day on and I was 35 at the time and I was trying to push my battered body around and I found that it was -- it was a very interesting, exciting program and we stayed with it religiously up until Christmas when we came back from holidays. Excuse me.

Q. Just returning to your response to the program, am I correct in understanding that as a result of your particular response to the program you decided that you might benefit from resuming steroid use at that time?

A. That's correct. I didn't see how it was going to be possible for me to maintain the level of work that was being dished out at this time without some help and when I came back at Christmas time, I was able to secure a supply, I believe again, of Dianabol. I'm very hazy about when and where but certainly I went back and looked at my training diary which I kept during that year and in January I started -- started taking this.

THE COMMISSIONER: This is '79 now?

THE WITNESS: That's correct, sir.

MS. CHOWN:

Q. And while you were with Mr. Ionesco, I understand from time-to-time he would have visits from

coaches from other countries who would discuss with him their particular training programs?

5 A. That was true but the area that you're referring to was the fact that in 1978, Theo had gone to Europe and to the Soviet Union -- it might have been the first Friendships Game, I'm not sure of what the competition was -- but they had gone there and he had spent some time discussing training methods and programs with the Soviet counterparts and came back with a program
10 of -- a medication supplemental program written out, which he gave me. Unfortunately, I've lost it, the copy of that.

 But the interesting thing was that he said he had priced the program out to see how much -- what was all
15 involved with it and I'll mention that and then I'll come back to exactly what was in the protocol or the program there.

 But at that time, the cost on the North American market was between 3 and a half and \$4,000 a year
20 just to fill the supplements and things that they had had in this program which included anabolics, it included vitamin B-12, it included dosages of vitamin E and other food supplements. But there were several steroids involved in there but I don't know what they were. I
25 don't recall what the actual compounds were. But, it was

a very, very comprehensive program.

THE COMMISSIONER: What country was this?

THE WITNESS: This was the Soviet Union.

THE COMMISSIONER: The Soviet Union.

5 THE WITNESS: Now, I received this from this
coach ---

THE COMMISSIONER: The coach?

THE WITNESS: Yes. I hadn't --

10 THE COMMISSIONER: He told you this from the
Soviet Union.

THE WITNESS: That's right.

MS. CHOWN:

15 Q. As we've heard earlier, you did do some
competing in the indoor season in 1979 and you retired,
after your injuries increased, early in that season. And
although there was some sporadic competing after the
spring of 1979, that basically brought your competitive
history to an end?

20 A. That's correct. That was the last time I
represented Canada. I end up throwing a 35 pound weight
against the Soviet Union. A classical event, no doubt.

25 Q. And we've heard earlier, as well, that
after leaving track, as you did in late '79, that you went
into other aspects of life, teaching and so on, and I

gather, in particular, you were very involved with basketball in Manitoba between 1981 and '84?

5 A. That's correct. I went back to Winnipeg and went back with the Norwood School Division. I worked with an elementary school and was a part-time phys. ed. supervisor.

10 And I -- as part of my apprenticeship then they decided that I was qualified to work with the National Team Program and in 1980, in track, I went to the Pan American Junior Games which were held in Sudbury and I did some work as an event group co-ordinator at the time.

 THE COMMISSIONER: With the throwers? With throwers?

15 THE WITNESS: For throwers. In fact, actually, I was responsible for the girls shot and discus.

 I had a major row with the head coach at the time, Gerrard Mach, a disagreement over policy and principle, and left track and field; I resigned that position.

20 And then because my new bride -- I had remarried -- was in basketball, I became more involved back in the sport of basketball again. And that's what you're referring to.

25 MS. CHOWN:

Q. Mr. Pirnie, I want to take you forward to 1983, following the Pan Am Games in Caracas. You were not present at those Games?

A. No, I was not.

5 Q. And there was in Canada a great deal of publicity about drug testing, use of drugs in sport, following on those games and I take it that you were aware of that publicity?

A. That's correct.

10 Q. And, in fact, I understand that you gave an interview in 1983 to a national magazine in which you spoke about your own steroid usage?

A. That's correct, with MacLean's.

15 Q. And as well, I believe, tried to indicate to the Canadian public that drug use was something that was not new, it had not just arrived on the scene in 1983?

20 A. That's correct. I was very concerned because, at the time, all of a sudden everybody was oohing and aahing over the fact that anabolic steroids -- that this happened, that this was a new thing and it was ---

THE COMMISSIONER: Well, the Pan Am Games had 19 disqualification, I think?

25 THE WITNESS: They had a number of athletes that went home. It wasn't the American team athletes left ---

THE COMMISSIONER: No, but 19 were disqualified, others went home, I think, too?

THE WITNESS: Yes, but this was just an indication of what had happened. I believe, and this is -- I believe Dick Pound mentioned the fact that in '83 also that the first world championships were being held and oddly enough, there were no athletes caught in the doping in 1983.

Then all of a sudden, a few weeks later...

THE COMMISSIONER: In Caracus, they were.

THE WITNESS: In Caracus, the boom is lowered and it became -- I shouldn't say it became obvious but to me, my interpretation of this, was this was a warning, this was a lesser championship, but an international championship, and it was a warning to the rest of the world that anabolic steroids was now a major issue.

THE COMMISSIONER: Right.

MS. CHOWN:

Q. And your comments to the extent that they were reported dealt with your view of the extent of usage of steroids in throwing events and, in particular, in shot?

A. That's correct. At that time, I indicated that I had used them during my career, I

indicated the reasons why, and the concerns that I had and the fact that I felt that we were really sitting with our heads in the sand if we didn't think this had been a long time problem and, in fact, had mentioned it -- and, myself, I had mentioned it several times in previous years. It wasn't something that was really news to anybody that knew myself.

Q. And, in fact, as you've indicated to us earlier, the topic of steroids was a fairly common topic of discussion among throwers?

A. Still is.

Q. And were there any particular events that caused the throwing community some concern about possible side effects of steroids in the early 1980's?

A. In the last two or three years, and I don't have the dates, one of the best known New Zealand throwers died of pancreatic cancer. This gentleman was a man that I've known for a number of years, known well and was very well liked throughout the world. in 1972,

But in Munich, I was in his room and he had a whole shelf, literally a closet shelf of various steroids and other drugs and he was known as the doctor. And he died very painfully and the word out, and I don't recall whether I actually saw it in print but even then it would be second, third hand, was that the autopsy had showed

this was this was one of the major -- that abuse, drug abuse was one of the major causes of the cancer. Now, I know that they can't say that specifically but that was the word that -- certainly throwers interpreted it that way.

THE COMMISSIONER: All right.

THE WITNESS: Also, a year or so later, one of the -- a well known thrower from Oregon who was, I believe, in his late 20's had to have a testicle removed. And this, again I'm coming on the heels of the previous problem, really shook the North America scene up because both these people were well known in North America and well liked. And that's when people really started looking again at side effects.

MS. CHOWN:

Q. And Mr. Pirnie, finally, I'd like to move you forward and return to your present situation involved in the throwing centre at the University of Manitoba.

And, in particular, what use, if any, you've made of your own knowledge and personal experience of steroids when you continue to coach young athletes?

A. Well, first of all, just to get into perspective, I was hired in -- or I was given the mandate to develop a centre at the -- a year after the Pan

American Games or just after -- actually, it was after the '84 Olympics. The people that gave me that mandate all knew of my background so I was in a fortunate position. The only question that was asked, it was asked once and said -- that was, what's the -- your stand going to be with anabolic steroids and I indicated that the rules of the game had changed since I was involved and that there would be none.

And I indicated to them, as I have with all the athletes that have come and trained in the centre, that with my background and my admission to utilizing anabolics that there could be absolutely no room for use on their part because as soon as that happened, the entire credibility of the centre would be destroyed and (a) my position would be gone, the centre would be gone and any opportunity that they would have for success in the Canadian Track and Field Association would be badly damaged.

That was the approach they took with the athletes when we started out and as they've come into the centre.

Since then, we've been -- we're very heavily involved with a number of programs that deal with drug use, or abuse, some of it dealing with anabolics and others we've done -- and one of -- the message that is

brought forth by myself is simply that the use of anabolics is cheating. It is illegal; you know it's illegal right now when you're starting out. There is no room for disclaimer. I would indicate to them some of the problems -- the possible medical problems but those really are not a detriment or a deterrent to young athletes because nothing ever happens to us when we're young. You know, things like that happen to other people.

But the point was that we're dealing with a moral and ethical situation, I made it very clear, and in talking with young people, this was -- this is the main point, the main thrust of my discussion.

My assistant coaches are 100 per cent in favour of this and have been solidly supportive of that throughout the program.

THE COMMISSIONER: Is there an educational program outside the centre which sort of gives the same message?

THE WITNESS: Yes, we have several that have gone on. There is a program now with the Manitoba High School Athletic Association called Target which we've done several workshops with them and it's just not dealing with anabolics but it's dealing with drugs in general.

About the time in 1984, '85, the physical education people in the province, they hold an annual

workshop and they asked us to do presentations and myself and several other body builders that are working towards clean sport.

5 THE COMMISSIONER: What you're saying, although you can explain the side effects that, in itself, is not a deterrent to young people because they think it may be -- that may happen to somebody else but not to them.

THE WITNESS: That's correct.

10 THE COMMISSIONER: So that you think the best deterrent is persuasion and education?

THE WITNESS: I believe that's correct and I think Andy Higgins and I feel very strongly about that. He made that point earlier today.

15 THE COMMISSIONER: Yes, he did.

MS. CHOWN:

20 Q. And, Mr. Pirnie, we did hear rather eloquently from Mr. Higgins this morning about winning and what place winning should have.

25 Let me put this question to you; you have told us earlier that the current world standard in throwing is around 23 metres and do you believe that that is a standard that is very difficult to achieve without anabolics?

A. That's correct.

Q. What do you say to your promising throwers and your centre when they say I want to be a world class athlete?

5 A. Unfortunate, that the athletes, the top athletes that we have have been in the program now for five or six years and they didn't start out to be world class athletes, they started out to be throwers, and I recruited some of them off the football team, guys that I
10 had known before that had thrown in high school and we talked to some people and we got them excited about the opportunity of throwing and get them back into it.

And, as it's developed so has their understanding of the situation. And I would say, without
15 exception, these athletes are more concerned with how far they can go and what they can do. And to -- they're testing themselves and the real crux of the matter is that you, as an athlete, have to be prepared to see what you're capable of doing and that's really the challenge of being
20 a thrower or being a runner is, 'Where can I go? What can I do?'.

Now, when you get up to the really high levels there becomes other pressures coming in.

25 THE COMMISSIONER: What about -- is there any economic advantage to be, say, a number one shot-putter?

Do you get endorsements?

THE WITNESS: In Canada?

THE COMMISSIONER: Well, say in the world? I mean, do they sell Wheaties or something like that?

5 THE WITNESS: Only if you're colourful. If you're a Brian Oldfield or something. I had friends back in the '70's that were able to make a living travelling from, you know, meet to meet and making money. But the number of people that are really involved with that in the
10 world are very, very small.

THE COMMISSIONER: So there's not much -- one of the pressures often is sort of financial, that if there is a big financial gain at the end of the road you might be tempted to cheat.

15 THE WITNESS: In certain parts of the world there are very strong ones and there are meets in Europe where you can make a pretty good dollar. But the number of people that are involved with that are very -- is very, very low.

20 So, the big hang-up with throwers in Canada is the fact that there are almost no carded athletes. The final -- there are six at the present time.

THE COMMISSIONER: Because the standard is too high for our people to make on their own, is that what
25 you're saying?

THE WITNESS: Yes, that's correct. And, as a matter of fact, we are now in the process -- in fact, this fall, I put together a package revising the standards which I've sent to Mr. Poprawski who has been mentioned by several people as a coach here in Toronto and we're working on the revision of the standards.

THE COMMISSIONER: For carding purposes?

THE WITNESS: That's correct. Based on the fact that an athlete ---

THE COMMISSIONER: How many throwers do we have in Canada who would qualify for carding on the basis of the present requirements?

THE WITNESS: The present requirements?

THE COMMISSIONER: Yes?

THE WITNESS: Six.

THE COMMISSIONER: In the whole of Canada?

THE WITNESS: That's correct.

MS. CHOWN:

Q. And just following up on the Commissioner's question, I understand that you have at your centr ---

THE COMMISSIONER: Excuse me. Is that just shotputters?

THE WITNESS: No, that's total.

THE COMMISSIONER: Total throwers?

THE WITNESS: There are two male javelin throwers, a female javelin thrower, a woman discus thrower, one male shot-putter and one male discus thrower.

5 THE COMMISSIONER: And they're the only ones now that would meet the minimum standards for carding?

THE WITNESS: That's right.

THE COMMISSIONER: Either A, B or C card?

10 THE WITNESS: That's correct. I don't believe that any of them are A and B. I could be wrong but I don't believe so.

THE COMMISSIONER: They're probably C's.

THE WITNESS: Yes.

15 MS. CHOWN:

Q. You, in fact, have at your centre the number two and number three shotputters in Canada being Lorne Hilton and Kevin Palmer and they are not carded?

A. That's correct.

20 Q. There is only one shot-putter who is?

A. That's correct. We have the three time national hammer champion has never been carded.

THE COMMISSIONER: So that, therefore, the next Olympics is what, next year, isn't it, in Barcelona?

25 THE WITNESS: No, 1992.

THE COMMISSIONER: In '92. At the moment, none of them would qualify if the Olympics, say, were in the summer?

THE WITNESS: None of them would qualify.

5 THE COMMISSIONER: They wouldn't qualify for the Canadian team?

THE WITNESS: No, and I doubt -- well, it's very debatable how many of the people that are presently carded would qualify.

10 THE COMMISSIONER: Well, I'm talking about the carded ones now?

THE WITNESS: Well, even of the carding athletes, I would think realistically we might have three.

THE COMMISSIONER: Out of the six?

15 THE WITNESS: Out of the six.

THE COMMISSIONER: That would qualify to compete at the Olympics, say, for the summer?

20 THE WITNESS: That's correct, three to four. We had -- at the last Olympics we had two men javelin throwers, a discus thrower and a female javelin thrower. That was all.

THE COMMISSIONER: Was that a whole throwing team?

THE WITNESS: That was it.

25 THE COMMISSIONER: In 1988 -- '84?

THE WITNESS: That's in '88?

THE COMMISSIONER: No shotputters?

THE WITNESS: None, either male or female.

THE COMMISSIONER: Or discus?

5 THE WITNESS: Ray Lazdon is in the discus.

THE COMMISSIONER: All right.

MS. CHOWN: Mr. Commissioner, those are all
the questions that I have for Mr. Pirnie.

10 THE COMMISSIONER: Thank you very much. Any
questions? Any questions? Well, thank you very much, Mr.
Pirnie. You have been very helpful and I appreciate your
conning and thanks for your evidence.

MR. ARMSTRONG: Could we just take five
minutes, just while we change the guard?

15 THE COMMISSIONER: Okay, fine. Five minutes,
please?

20

25

---Commission resumed.

THE COMMISSIONER: Mr. Armstrong?

MR. ARMSTRONG: Yes, thank you, Mr.

Commissioner. Our next witness is Mrs. Lynn Williams.

5

LYNN ANNE WILLIAMS, Sworn

THE COMMISSIONER: I was just reading about
you this weekend, Ms. Williams. You had a big win over
the weekend.

10

THE WITNESS: I did, yes, thank you.

MR. ARMSTRONG: Just so the press
understand, Mr. Pirnie is not staying here to hear the
evidence. He is staying here to look after Mrs. Williams
when she leaves and protect her from the press.

15

THE COMMISSIONER: She is in very good
hands. He can be quite persuasive.

THE WITNESS: My bodyguard.

THE COMMISSIONER: All right, Mr.

20

Armstrong.

MR. ARMSTRONG:

Q. Thank you, Mr. Commissioner. Mrs.
Williams, you were born in Saskatchewan, raised in
Saskatchewan and attended high school in Saskatchewan in

25

Regina, graduating in 1977 from high school?

A. That's right.

Q. And then you went on to the University of Regina for one year and then to the University of Saskatchewan in Saskatoon for a further year; is that right?

A. Yes.

Q. And from there you went to San Diego State University for three years from which university you graduated with a Bachelor of Physical Health and Education degree in 1982?

A. That's correct.

Q. I understand you were on a full athletic scholarship while at San Diego State; is that so?

A. Right.

Q. And then after graduating from San Diego State, you continued your athletic endeavors, which we are going to hear about in a moment or two, and did a number of part-time jobs and then finally decided you were going to be a fulltime athlete in 1984; is that so?

A. That's true.

Q. Then looking for a moment at your track career, you told me last evening when we met that although you had run in a number of events through the track meets at high school, at the high schools in Regina, you really

became serious about track and field in your last year of high school?

A. That's correct.

Q. And what were your events in high school?

A. I ran everything sort of from 400 metres on up through 1500, 3,000 metres.

Q. And also did you run cross-country in high school?

A. Right, cross country as well.

Q. And indeed your first appearance on the Canadian national team was on the national cross-country team; is that right?

A. Yes, in 1979 I made the world championships for cross-country and that was in Ireland in '79.

Q. Now we haven't had the benefit of any evidence on cross-country up to this moment in time. How does the national cross-country team work? Is it selected for one meet, the world championship?

A. Right, there is the trials each year held traditionally in about January-February, and they select at that time six women, the top six women that make the world championships team which is a single event held once a year.

Q. And what is the distance ordinarily that one runs cross-country for the women?

A. This year it was bumped up to 6,000 metres. Traditionally it has been 5,000 metres.

5 Q. And then you indeed through from what, 1979 to 1984, you were on the national cross-country team and chosen as one of the six Canadians to be in the world championships every year?

A. Right, each year.

10 Q. And in 1984, what was your placing in the world cross-country meet?

A. I finished 17th I believe overall.

15 Q. And that is particularly significant, I take it, because there are a lot more athletes who have run in a cross-country race than run in some of the track races?

20 A. Right. Well, you think about it, with the track, each country at a major championships can usually send two to a maximum of three athletes. Usually that's the case, and with cross-country for women, you have six athletes representing each country so that at a world championships for cross-country, you could have upwards of 150 athletes competing.

25 Q. All right. Now for the period from 1984 up to this year, 1989, did you run cross-country at

the international level?

A. No, I didn't. I became involved on the International Grand Prix indoor track and field circuit which takes place during the same time period that an athlete would be training for cross-country so that I just
5 opted for the track. It was a change and you just basically can't do everything.

Q. All right. Now this year of course you went back to cross-country during the winter, and tell us
10 about that, please.

A. I went back to cross-country as a refreshing change, I guess, from the track and--

THE COMMISSIONER: Is that '88?

THE WITNESS: Right, March of '89. It was
15 just recently. It was in Stavanger, Norway, and I won the bronze medal there at this time around.

THE COMMISSIONER: That was your best showing in cross country?

THE WITNESS: Yes.

THE COMMISSIONER: Who's your coach?
20

THE WITNESS: My coach is Dr. Doug Clement.

MR. ARMSTRONG:

Q. And the bronze medal that you won in
25 Stavanger in Norway just a month ago or two months ago or

so, that was the world championship in cross-country?

A. Right.

Q. All right. Then in track and field, you became a member of the national team when?

5 A. 1983.

Q. And you have been consistently a member of the Canadian national track and field team since then, have you?

A. That's correct.

10 Q. And I'm almost embarrassed to ask the question because even I know the answer, but your events are what and have been since 1983?

A. Well, internationally I run the 1500 metres and 3,000 metres.

15 Q. All right. And when you were at San Diego State in California, you were consistently among the top three in the conference in California and the surrounding states where you ran in the NCAA; is that so?

A. Right.

20 THE COMMISSIONER: The same events, the 1500 and 3,000?

THE WITNESS: Yes, basically. I ran the odd 5 K and odd 1800 metre race as well.

25 THE COMMISSIONER: Five K meaning five kilometres?

THE WITNESS: Right.

THE COMMISSIONER: Because we don't use shorthand around here.

5 MR. ARMSTRONG:

Q. All right, and then as well in San Diego State when you were there, you were chosen and designated an all American in terms of track and field; is that so?

10 A. That's right.

Q. All right. Then let's take a moment, if we can, Mrs. Williams, and look at your competitive history, which I think becomes quite significant for our purposes. Looking at the printout that I have beginning
15 in 1983, you placed first in the 3,000 metres in the national outdoor championships. You attended the world championships in Helsinki in 1983 and finished 10th.

THE COMMISSIONER: In what event?

MR. ARMSTRONG: In the 3,000 metres, and I
20 understand also that that year it looks like in West Germany in the -- is it possible that I am reading a 2000 metres, you set a Canadian senior record? Is there such a race, the 2000 metres?

THE WITNESS: It's an odd distance, but
25 sometimes we run it as a tune-up.

Q. And then looking at some of the highlights in 1984, you were the--you placed second in the national championships in the 1500 metres, first in the 3,000 metres, and of course in the Olympic Games' 3,000 metres you were the bronze medalist in Los Angeles. Is that so?

A. That's right.

THE COMMISSIONER: In what event again? This is the 3,000?

10 MR. ARMSTRONG: 3,000 metres, yes.

THE COMMISSIONER: That was what, '84?

MR. ARMSTRONG:

15 Q. 1984, Los Angeles. And then, Mrs. Williams, moving along into 1985, you finished first in the 1500 metres at the Larvik Games. Where are they?

A. Norway.

20 Q. And then you did what appears to be the European circuit; Helsinki, Lausanne, Paris, Nice, Koln, Brussels, in which again you were consistently in the finals and finishing high in both the 3,000 and 1500 metres; is that correct?

A. That's right. It was a good year for me.

25 Q. All right. Then moving along to 1986,

were you a member of the Canadian Commonwealth Games team in Edinburgh?

A. Yes.

Q. And how did you do there?

5 A. I was a gold medalist in the 3,000 metre event and I was a bronze medalist in the 1500.

10 Q. And again in 1987, you were national indoor champion in the 3,000 metres, national outdoor champion in the 3,000 metres and again qualified, I take it, for the Canadian national team to participate in the world championships in Rome in 1987; is that so?

A. That's right.

15 Q. And bringing us along to 1988, you ran in the national championships, did you, in both the 1500 and the 3,000 or just the 1500?

A. Just the 1500 I believe.

Q. And how did you finish in the 1500 in the national championships?

A. I was first in the 1500.

20 Q. Now in Seoul in the Olympic Games, you ran in both the 1500 and 3,000 metres. Did you not have to run in the 3,000 metres in the national championships?

25 A. Well, I guess it's a technicality in terms of selection, but I had already run the Olympic standard.

THE COMMISSIONER: For the 3,000?

THE WITNESS: For the 3,000 metres.

THE COMMISSIONER: That's to requalify
then?

5 THE WITNESS: Right.

MR. ARMSTRONG:

Q. All right, and so in the Olympic Games,
you ran both 1500 and 3,000. Now you explained to me last
10 night that that always doesn't happen, it can't always
happen. And why is that?

A. Because you're dealing with competing
in both heats and finals, and in some cases semifinals as
well, so trying to compete in both events, sometimes those
15 things overlap and the scheduling this year in Seoul
permitted me to run both events with all the qualifying
rounds.

THE COMMISSIONER: That's a lot of running.

THE WITNESS: Yes, it was a tough schedule.
20

MR. ARMSTRONG:

Q. All right, and what were your results
in Seoul?

A. I finished eighth in the 3,000 metres
25 and then fifth in the 1500 metres.

Q. And then looking at the CTFA printout as far as records are concerned, you have obviously had a number of them over the years. I take it you're still the holder of a number of records in Canada. Can you tell us what the main Canadian records are?

A. I believe I hold the 1500, the 3,000 and the 5,000 metre Canadian records.

Q. All right. And in addition, your other athletic distinctions have been that you were the recipient of the Olympic Champion Award in 1985, The Sport Excellence Award in 1987 at the Tribute to Champions, and you were named British Columbia Amateur Athlete of the Year in 1985?

A. Yes.

Q. And I notice also on this printout among your accomplishments, they indicate at the top of the list, but I've just read from that, you are married to national team distance runner Paul Williams?

A. That's right.

Q. And tell us -- we may well hear from your husband directly before we're through, but we don't want to send you home without telling us a little bit about him. What are his events?

A. He runs the 5,000 and the 10,000 metres primarily.

Q. All right. And he, like you, for several years has been--

THE COMMISSIONER: You're just explaining this at your own initiative, I take it?

5

MR. ARMSTRONG:

Q. And he, like you, has been a national team member for many years?

A. Right. I'm not sure how long. Since
10 '78 or '77.

Q. And like you, was a member of the Canadian team at the Seoul Olympics competing both in the 5,000 and 10,000 metres?

A. Yes.

15 Q. And he as well has competed in both the Commonwealth Games in '82 and '86 and the 1984 Olympics in Los Angeles?

A. That's right.

20 Q. And unlike you, he is a graduate of the University of Toronto?

A. Yes.

Q. Okay. And finally so far as your husband is concerned, he is the Canadian record holder in which events?

25 A. The 3,000, 5,000 and the 10,000 metres.

Q. All right. Now let me just ask you a little bit about your husband and you as full-time athletes. You have already mentioned that you are a fulltime athlete. I take it your husband is as well?

5 A. Yes, we have been full-time athletes basically since just prior to the 1984 Olympic Games. Paul was full-time just before that. He had a contract with a shoe company. I didn't, and I wasn't yet carded. I was then carded in 1983, but still felt that I needed to
10 work and what have you. At that point we had some savings and just decided to sort of go for it, so to speak, for the '84 Olympic Games and we have been full-time athletes ever since.

Q. And without prying into your personal
15 and financial affairs, I don't want to do that at all, but could you just give us an idea sort of generally without telling us what your sources of income are as full-time athletes? It's obviously by definition you're not able to have a regular job.

20 A. Right.

THE COMMISSIONER: Well I think that's like a regular job.

THE WITNESS: This is a job.

25 MR. ARMSTRONG:

Q. An unfortunate choice of words. I withdraw the question and rephrase it. I think you know what I mean.

5 A. Oh, sure. Well, you know, I think with the popularity of running this past number of years with the sort of fitness craze and so on and the number of road races in the world, in North America particularly, there are prize money structures offered at all these races so that in the beginning that's what happened. We entered a
10 few of these road races and managed to place up in the top few and win prize money which is one of our sources of income.

At various track meets they often will have prize money bonuses as well as appearance monies
15 available, clinic fees. We have a contract with a shoe company presently, and basically that's how we earn a living. Everything is then held in trust with the Canadian Track and Field Association.

Q. And we have heard some of this already,
20 but I take it any of the performance fees you get for appearing at a particular track meet, everything over a certain level of \$250 or something must be paid into the athlete's reserve fund; is that it?

A. That's correct, yes.

25 Q. And you obviously are a carded athlete?

A. Yes.

Q. And your husband is also a carded athlete?

A. Yes.

5 Q. So you have the benefit of whatever the carding allowance is to your husband and you?

A. Right. I've been carded at various levels since 1983 and Paul as well.

10 THE COMMISSIONER: You would be an A card now, wouldn't you?

THE WITNESS: Now I'm an A card, yes.

MR. ARMSTRONG:

15 Q. All right. Then it would I think be helpful to the Commissioner and the rest of us as well if you were maybe just to give us a snapshot of what a working year is for a couple of full-time athletes. Could you just take us through that for a minute?

20 A. Sure. If we assume that I have finished a competitive season with the summer and we're on into the fall, I would find myself taking about a month break, I suppose, in about October. Then it's a gradual process of starting back into running again and for the middle distance runner and that's what I am sort of
25 called, I guess.

That means working on a base, and by that I mean working on less quality and doing sort of a lot of general endurance running, trying to become stronger as you approach the competitive season. So we build up with that through for a couple of months. For me I then look to my first competitions, whether it be cross-country or on the track. That usually comes about in January or February, and I find myself competing in about four or five indoor trackmeets.

In special preparation for that, I suppose I do add a little bit of quality work in terms of doing, say, an interval session once a week as well as a lot of general endurance running once again. I run the odd 10 K road race during this period as well because it's sort of an endurance phase.

THE COMMISSIONER: Is that what you did last weekend?

THE WITNESS: That's what I jumped into, yes.

THE COMMISSIONER: Ten kilometres.

THE WITNESS: Yes. So then at the end of that, it's sort of about March and you have reached sort of a mini_peak phase, is what we would call it. You have reached a point where you compete at a fairly high-level, but it's not at what you call your highest level.

Then I come back down again and resume a general endurance phase, but I begin to gradually add much more quality building towards the summer track season, and that is always the highlight of the year. It involves usually a major championship of some kind on the track.

THE COMMISSIONER: And lot of travel too.

THE WITNESS: A lot of travel, that's right. Generally spending most of the summer over in Europe competing.

MR. ARMSTRONG:

Q. And when you are doing track as opposed to cross-country in the winter months and doing the indoor circuit, typically where are the meets that you might find yourself?

A. Generally I compete--it's pretty well an established circuit so that I run in Los Angeles a couple of times, New York a couple of times, Toronto, Hamilton and that's usually about it.

Q. All right. And then in the summer months in track and field, where do you usually find yourself competing? You mentioned Europe. Is that mostly it?

A. We pretty well just basically jump from city to city, and it's an established circuit. Again,

these meets have been around traditionally for a long time so we know way ahead of time what meets are available for competition and we just develop, you know, a strategy for racing ahead of time.

5 Q. And how many typically--how many Canadian track and field meets would you in the summer run in?

10 A. In the summer not that many really. In Vancouver we have the Harry Jerome Track Meet and in Victoria we have an international meet as well. We have several sort of low-key meetings just in preparation for the European circuit and then just the national championships or any trials that we might have. That's about it.

15 Q. But it would appear from what you are saying and indeed from what we have heard from other witnesses that the major international competition seems to take place in Zurich, Koln, Berlin, et cetera?

20 THE COMMISSIONER: Well, the U.S. indoor -- Los Angeles and New York are bigger, aren't they?

 THE WITNESS: Right, indoor meets, and in terms of the outdoor season, they have a couple of meets as well. Once in a while I do attend them.

25 MR. ARMSTRONG:

Q. All right. One question that I wanted to go back to that I overlooked. You touched on it when you were telling us generally about what were the available sources of income to an athlete like you. Apart from performance fees, prize money and carding money, there also, I take it, is available to someone like you and others commercial endorsement contracts. Is that so?

10

15

20

25

A. Supposedly that's true, yes. I have had a few contracts along the way. At the present, though, I am just, you know, I just have a shoe contract.

Q. Then, it is trite for me to ask you this, but I will. It certainly is no secret that you, of course, are known as an athlete who opposes the use of performance-enhancing drugs?

A. That's true.

Q. And I wanted to ask you a couple of questions about the drug problem from the perspective of someone like yourself who opposes the use of performance enhancing drugs, but in order to do that, I am just going to set a tiny bit of a stage for you, if I may, from the evidence that we have heard.

Now, Ms. Williams, we have heard evidence in this Inquiry that during the seventies and eighties, and perhaps even earlier than the seventies, that the use of performance-enhancing drugs has been a significant factor in some events by some athletes.

We have heard various descriptions of the size of the problem and so on, but there is no doubt it is a significant and has been a significant problem on the evidence we have heard.

We have also heard that during that same period that there were many, many rumours about who were

using performance-enhancing drugs, both in Canada and outside Canada. And indeed, as recently as this morning from Andy Higgins, the coach from the University of Toronto. He said that these rumors have existed over a long period of time. And he went on to say, if you didn't hear or see his evidence, that when the rumors persist you begin to sit up and take notice and believe them. Now, having laid all that out, and forgive me for being a little --

10 THE COMMISSIONER: Let's have the question.

MR. ARMSTRONG:

Q. -- long winded about it, I am going to ask you a question.

15 From your perspective and people, athletes like you, what effect has the rumours like that had on you as a clean athlete attempting to perform without the use of performance-enhancing drugs?

20 A. Well, there have been a lot of frustrations along the way. The rumors have persisted in my own events since I ever first made my first international team.

25 There's been a traditionally a tremendous dominance -- tremendous predominance of Eastern Bloc women, middle distance runners, in terms of world rankings

as well as all the international events. And, you know, you hear the rumors. And like you say, you begin to believe them whether you have any proof or not.

5 So, there has been a certain amount of frustration. You wonder, well, you know, what does it take, you know, to beat these people if there is anything that they are up to or not. You just, you don't know. But what happens is basically, you know, you are making the decision, you are out there competing for yourself to do the very best that you can and in adverse conditions. 10 I mean you are just in there again to try to do the best that you can.

I have had a certain amount of frustration in the sense that if I look at my own career back in 1983, 15 placing 10th in the world championships in the 3,000 meters, I was a young, you know, inexperienced athlete. It was my first team ever and I placed 10th in the final.

Now, last year in the world championships, I was 9th in the 3,000 meters. This past year in the 20 Olympics Games I was 8th in the 3,000 meters.

I am an entirely different athlete than I was back in '83, and yet it doesn't seem to have made a whole lot of difference on my performance levels. You just --

25 THE COMMISSIONER: In other words --

THE WITNESS: What I am saying is it's
the same --

THE COMMISSIONER: Has your performance
improved or the others just gone ahead faster?

5 THE WITNESS: It seems that the gap just
continues to exist no matter the improvements that are
made. So, that you have, your, you know, token couple of
Soviets up there, a couple of East Germans, a U.S. person,
and the rest of the time it is sort of just kind of up for
10 grabs.

 In the 1500, I managed to place fifth and
beat people that I have never beat before, which was for
me, you know, a proud moment. Personally, it was very
important to me.

15 So, in dealing with that frustration,
though, let me at them, I will come back again and just
give it my best shot each time around.

MR. ARMSTRONG:

20 Q. Great. You, now when you were in Seoul
in 1988, had a kind of an unusual experience in regard to
an envelope that was addressed to you. And without naming
names, can you just tell us about that, please, what
happened?

25 A. I believe it was the day after Ben had

been announced he had tested positive, and I was just going into the Canadian team lounge and there was just an envelope thrown on the table in the lounge with my name sprawled across the front of it. And so, you know, I
5 picked it up. You get correspondence in the mail and so I didn't really think anything of it. And so, you know, I picked it up and there was this letter.

Q. All right. I am just going to show you a copy of the letter and I would like you to read most of
10 the letter, but just that first paragraph. We need not concern ourselves with the last couple of lines.

A. Okay. It says:

"Send you all my complement. I have some
15 proves that I saw some athletes women that they got a very good results in this year. That they hoax the control committee by using a small vessel of rubber filled with urine gotten from another person and from this urine they give this quantity to the
20 control. And because I know that this thing is forbidden and because I am an athletes woman."

Q. When you opened up that envelope and read that note to you, what did you do with the letter?

25 A. Well, I showed it to a number of people

that were in the room, and then showed it to my coach.

It is, you know, an interesting implication. So, we talked about it, and its plausibility and so on. And it was another one of these negative things that was happening at the Games already at that stage. You know, it could have been a hoax, it could have been a joke, but we didn't really treat it that way. We tended to take it to heart.

We didn't do anything about it, though. Then after the 1500-meter final, just after I had finished and I was in the media press area, and Doug, my coach, then sort of pulled me aside and said, what do you think, should we, you know, show this letter that you received. And I said, you know, I said sure. So, we, I think, read it to the media, I am not sure, but then we then turned it over to the doping committee.

Q. That's the doping committee of the IOC?

A. Right.

Q. All right. And I take it to this day nobody has been able to determine who the author of it was or who left it on the table in the Canadian reception area?

A. Not definitely, no.

Q. Now, let me, Mrs. Williams, ask you some questions about track and field in the future and

where you see it from your perspective as an athlete and an athlete of high excellence.

What about the carding system from your perspective. Are there some reforms of it that this Commission should be thinking about or from your perspective is it operating the way you think it should?

A. Well, certainly, you know, a carding system of sorts is, you know, beneficial and necessary in the development of a program. And the strides that we have made thus far have really been because of a carding system like that.

I know that I wouldn't have gotten to where I was and able to hold down part time jobs as opposed to full time jobs in terms of training and gotten to where I have today.

However, with the suspicions in terms of performance enhancement, world rankings, and the fact that say in my middle distance events, as an example, showing the Eastern Bloc dominance, it's "easier" to be carded in an Olympic year because of say the ruling presently involves your status as a result of an Olympic final.

In other words, if I am in the top eight in the Olympic Games, I am an A carded athlete. However, in that same year, my world ranking may be for argument sake 12th and make me a B card because various Soviet athletes

are ranked higher in terms of time or what have you.

So, that we have to look at I suppose
revamping the carding system in terms of those athletes
that run in -- whether it's drug tested meets or whether
5 we look at only championship events, or I don't know
exactly the solution, but we have to, you know, give
consideration to the possibility that not all performances
are true.

Q. Then, let me ask you about random
10 testing. We have had heard an awful lot about random
testing, and I guess barely a day goes by that it doesn't
surface in this Inquiry, but what about it? Is it the
answer to solving the drug problem in Canada and
elsewhere?

A. Well, it's -- no, it's not the answer,
15 but certainly at this stage we have to do something, you
know, take steps in that direction to show that, you know,
we have taken a stand against the use of steroids and
drugs. And certainly random testing is going to be
20 beneficial and it's going to stop some.

I think more important it shows the
philosophy behind random drug testing.

Q. Then, finally, you mentioned
philosophy. How important is it for you and athletes who
25 compete in accordance with your ethical standards to have

a philosophy and to have a philosophy taught and coached as it were to athletes and others.

A. You know, I really think this is probably the most important issue in terms of the future.

5 I know for myself, you know, after the Olympics I was devastated by the whole thing, very disillusioned and felt like, okay, where do we go from here. You know, we are at the depths, the bottom in terms of track and field in Canada the way it felt, it was
10 awful. And top that with the sort of post-Olympic blues. Myself, I just felt like, well, maybe I will hang it up.

But what happened is I sort of found myself all of a sudden realizing, wait a minute, you know, sport has done so much for me as an individual, taught me so
15 much, there is no greater feeling than, you know, giving something your very best, putting forth your very best effort. And it doesn't matter what the outside circumstances are. And, you know, that's what it means to win, really, is to -- is to just give your very best.

20 And none of that has changed inspite of everything. We have known what we have been up against for years. There is really nothing new here. As athletes, the public has been shocked, we have been shocked in our hearts, I suppose, but it's nothing --
25 nothing new.

So that, you know, in terms of philosophy, coaches, you know, parents, teachers and, you know, athletes like myself, I guess I feel, you know, a need to go to these youngsters in terms of clinics or, you know, whether I am involved in coaching or whatever, but we have to just change the sort of win-at-all-cost philosophy and that you can still do it, you know, inspite of whatever outside circumstances exist.

That's where I think our efforts should be concentrated.

Q. And I assume you would agree, I probably cast the question at one area directing it to the coaches. You mentioned the parents and others. And I take it you would carry it from there and say look the Canadian Track and Field Association, the Olympic organization, and Sport Canada and those --

THE COMMISSIONER: And the athletes.

MR. ARMSTRONG:

Q. -- and the athletes?

A. Yes, most definitely. I mean it involves at this stage, you know, the word cheating is what constantly comes up. And there is just -- it is not necessary. It is not -- it doesn't involve everybody, for one thing. It shouldn't, you know, the world of sport and

track and field in general shouldn't be tainted because of what's happened entirely.

And that's what we need to, you know, get the numbers of participants up and concentrate, you know, funding in those areas, in the grass roots areas just, you know, just to sort of rejuvenate things at that level.

MR. ARMSTRONG: Thank you very much.

THE COMMISSIONER: Thank you. Any questions?

Well, thank you very much for your help, Mrs. Williams. And I appreciate you coming forth and assisting us.

Tomorrow morning at 10 o'clock.

--- Whereupon the Commission adjourned until Wednesday, May 10, 1989 at 10:00 a.m.

